

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, November 11th, 2019 #054**

LUNCH

Monday-Hot dog, mac and cheese, corn, pears
Tuesday-Crispito, chips and cheese, seasoned carrots, mandarin oranges
Wednesday-Potato soup, roll, mixed vegetables, banana
Thursday-Chicken nuggets, curly fries, pineapple
Friday-Pizza burger, green beans, mixed fruit

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-Mini bagel with strawberry cream cheese, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, muffin, fruit

Be GRATEFUL for TODAY!

7th and 8th Grade Roland Rural Bus Room please report to Mrs. Paulson's room at 3:30. You MUST check in with the teacher.

Congratulations to all who performed in mock trial! You all did a fantastic job! The 8th red team is moving on to state. Way to go mock trialers!

Norsemen Wrestling Apparel Order: The online webstore for wrestling apparel is now open. Click on this [link](#) to view items and place orders. The webstore closes Nov 13 at midnight.

2019 Angel Gift Program: For more information on the Angel Gift Program or to find forms to apply as a recipient, please visit our website or stop by the middle school office. With questions, please contact Alyssa Loots at (515) 733-4386.

Quote of the Week:

"Always be a first-rate version of yourself, instead of a second-rate version of somebody else."
Judy Garland

R-S MS Practice/Bus Schedule

Monday 11/11

7th Girls Basketball @ North Polk	4:15
8th Girls Basketball @ South Hamilton	4:30
7th/8th Wrestling Practice	3:30

Shuttle will pick up Wrestling in Roland at 5:45 and drop off in Story City.

Tuesday 11/12

7th/8th Girls Basketball Practice	3:30
7th/8th Wrestling @ North Polk	4:30

Shuttle will pick up 7th/8th Girls Basketball in Roland at 5:45 and drop off in Story City.

No Morning Shuttle

Wednesday 11/13

7th/8th Girls Basketball Practice 1:30
Shuttle will pick up 7th/8th Girls Basketball in Roland at 3:45 and drop off in Story City.

Thursday 11/14

7th Girls Basketball vs. Greene County 4:30
8th Girls Basketball @ Greene County 4:30
7th/8th Wrestling @ South Hamilton 4:30
No Shuttle Needed

Friday 11/15

7th Girls Basketball Practice 3:30
8th Girls Basketball @ DSM Chrisitan 4:30
7th/8th Wrestling Practice 3:30
Shuttle will pick up 7th Girls Basketball and Wrestling in Roland at 5:45 and drop off in Story City.