

**ROLAND-STORY MIDDLE SCHOOL
FRIDAY, November 22nd, 2019 #063**

LUNCH

Monday-Grilled chicken sandwich, crosscut fries, applesauce
Tuesday-Burrito, seasoned rice, black beans, apple
Wednesday-Sub sandwich, potato salad, mixed fruit
Thursday-Turkey, mashed potatoes, green bean casserole, roll
Friday-Corndog, chips, apple slices, baby carrots

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-French toast sticks, sausage, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, poptart, fruit

Be GRATEFUL for TODAY!

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

Quote of the Week:

It's important to have goals that are about beating ourselves vs measuring ourselves against other people. Ryan Holiday

R-S MS Practice/Bus Schedule

Friday 11/22

7th Girls Basketball @ Nevada	4:30
8th Girls Basketball vs. Nevada	4:30
7th/8th Wrestling @ North Polk	4:30 - Bus leaves at 3:15; athletes dismissed at 3:05

No Shuttle Needed