

**ROLAND-STORY MIDDLE SCHOOL
WEDNESDAY, December 4th, 2019 #069**

LUNCH

Monday-Chicken and biscuits, mixed veggies, applesauce
Tuesday-Chicken tacos, black beans, diced mango
Wednesday-Cheeseburger, fries, peaches
Thursday-Meatball sub, broccoli normandy, apricots
Friday-Spaghetti and meatballs, bread stick, romaine salad

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!

Builder's Club Meeting-Thursday, December 5th at 7:45 in Mr. Arp's room...all are welcome!

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

7th and 8th Grade Basketball Skills Dates -- Time -- 3:45 - 5:15

Friday, December 13

Monday, December 16

Friday, December 20 (1:30-3:00; immediately after early dismissal.)

8th Boys Basketball Players-Coach Hovick will be handing out your uniforms during lunch/recess December 11th.

Students and staff, you're all invited to come and help us decorate our Christmas Tree! In keeping with our school's word for the year, our theme is GRATEFUL. We have bright red and green slips of paper on which you can write something you're grateful for, then hang on the branches as ornaments. Stop in the office before or after school or during lunch to be part of the fun!

Quote of the Week:

"Intelligence is the ability to adapt to change." Stephen Hawking

R-S MS Practice/Bus Schedule

Wednesday 12/4

7th/8th Girls Basketball Practice 3:30

7th/8th Wrestling Practice 3:30

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

Thursday 12/5

7th Girls Basketball Practice 3:30

8th Girls vs. South Hamilton 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.

Friday 12/6

7th/8th Girls Basketball Practice 3:30

7th/8th Wrestling @ Webster City 4:15 - Bus leaves at 3:00; athletes dismissed at 2:50

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