

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, October 7, 2019 #031**

LUNCH

Monday-Turkey and bacon pita, chips, fruit
Tuesday-Cheese quesadilla, peaches, carrots and celery sticks
Wednesday-Chicken parmesan, waffle fries, pear
Thursday-Vegetable beef soup, roll, apple, cucumber slices
Friday-Rib sandwich, seasoned carrots, banana

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-Egg and cheese burrito, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, granola bar, fruit

Be GRATEFUL for TODAY!

Fall Sports Pictures

Volleyball - Monday, Oct. 14th

Football - Monday, Oct. 21st

7th and 8th Grade Roland Rural Bus Room please report to (TBD) room at 3:30. You MUST check in with the teacher.

Congrats to the following students who were accepted into the SCIBA Honor Band this year!

Accepted students and parents will be receiving more information later this week.

Story City Parks & Recreation Basketball: registration is now open! We offer basketball for Pre-K - 6th grade. Pre K & Kindergarten will play in Story City only and 1st-6th Grade will play within the Central Iowa Recreation League and travel to other area communities for games. For more information check out our website <https://www.cityofstorycity.org/parks-and-recreation/>

Roland-Story MAST will host a Scrumptious Cinnamon Roll Fundraiser Saturday, October 12 from 8:00-10:00 am at the Yellow Cup Café. For just \$7/plate, you get 2 cinnamon rolls, 2 sausages and your choice of apple juice or orange juice. To-go boxes are available. Cash or check only, please. All proceeds benefit the elementary school, middle school and high school fine arts programs of the Roland-Story Community School District.

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.

From the Roland Library: Attention students and parents too! Did you know the Roland Library has lots to do after school for school aged kids? LEGO Club meets Mondays from 4-5:30pm. There's plenty of time to build, and display your creations too! Creative Kids is a weekly craft and science program that meets Tuesdays beginning at 4pm. Create and tinker to your heart's content! Early out days are always great fun starting at 1:30pm with a different program every time. There's also a makerspace, places to do homework, meet with your friends, and so much more!

This Wednesday will be a Pokemonpalooza at the Roland Public Library! Pokemon crafts and activities for fans of all ages! You don't have to be a Pokemon lover to attend this program. The event starts at 1:30pm in the library programming room.

Quote of the Week:

"The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi

R-S MS Practice/Bus Schedule

Monday 10/7

7 th /8 th Football Practice	3:30
7 th Volleyball vs. Saydel	4:30
8 th Volleyball @ Saydel	4:30 - Bus leaves at 3:15; athletes dismissed at 3:05
7 th /8 th Cross Country @ Webster City	4:30 - Bus leaves at 3:30; athletes dismissed at 3:20

Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

Tuesday 10/8

7 th /8 th Football Practice	3:30
7 th /8 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.

Wednesday 10/9

7 th Football Practice	1:30
8 th Football (No Practice)	
7 th Volleyball Practice	1:30
8 th Volleyball (No Practice)	
7 th /8 th Cross Country (No Practice)	

Shuttle bus will pick up Volleyball and Football in Roland at 3:30 and drop off in Story City.

Thursday 10/10

7 th Football @ Greene County	4:30 - Bus leaves at 2:50; athletes dismissed at 2:40
8 th Football vs. Greene County	4:30
7 th Volleyball @ Prairie City	4:30 - Bus leaves at 2:50; athletes dismissed at 2:40
8 th Volleyball vs. PCM	4:30
7 th /8 th Cross Country @ Jewell	4:15 - Bus leaves at 3:00; athletes dismissed at 2:50

No Shuttle Needed

Friday 10/11

7 th /8 th Football Practice	3:30
7 th Volleyball Practice	3:30
7 th /8 th Cross Country Practice	3:30

Shuttle bus will pick up Volleyball and Cross Country in Roland at 5:15 and drop off in Story City. Shuttle will pick up Football in Roland at 5:30 and drop off in Story City.