

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, NOVEMBER 9th, 2020 #053**

TODAY'S LUNCH

Monday-Soft pretzel cheese sticks, corn nuggets, strawberry cups
Tuesday-Walking tacos, corn, apple slices, caramel sauce
Wednesday-Popcorn chicken, green beans, mixed fruit, carnival popcorn
Thursday-Cheeseburgers, cherry star veggie juice, peaches, apple churro
Friday-Corndog, cheese fries, applesauce, dutch waffle sticks

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-Breakfast wrap, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, muffin, fruit

Hey RSMS students!! Just a reminder to have fun, follow the Norse Code and come to school each day Ready to Learn! We have the privilege of attending an amazing school so be grateful each and every day and have pride in our building.

Wednesday is a 2 hour early dismissal.

Annual Baseball Fan Cloth Apparel Order - Once again the RS Baseball Program is offering multiple non sport specific apparel ranging from youth, womens and mens items. The apparel order is now live and closes November 12th. Items are sure to be great Christmas gifts, and will arrive prior to break. A new feature for 2020 is that orders will ship directly to your home, you will no longer need to wait for player delivery. Simply visit, <https://fancloth.shop/HQBJC>, pick your items and enter your mailing and payment information. Be sure to list a 7th-12th grade baseball player as they will get credit towards incentives for the number of items sold. All proceeds will go to the JH and HS baseball program. Paper copies of the catalog can be found in the office. Contact Chris Hill at chill@roland-story.k12.ia.us with any questions.

7th and 8th Grade Roland Rural Bus Room please report to **Mrs. Dowling's** room at 3:30.

2020 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:

"I think goals should never be easy, they should force you to work, even if they are uncomfortable at the time." Michael Phelps

**R-S MS PRACTICE / SHUTTLE SCHEDULE
NOVEMBER 9 - NOVEMBER 13**

**G BASKETBALL & WRESTLING -- SHUTTLE @ 5:45
(No AM Shuttle)**

1:15 DISMISSAL DAYS -- G BASKETBALL SHUTTLE @ 3:45

MONDAY, NOVEMBER 9

G Basketball -- 2:40 - 4:30
Wrestling -- 3:45 - 5:30

TUESDAY, NOVEMBER 10

G Basketball -- 3:40 - 5:30
Wrestling -- 3:45 - 5:30

WEDNESDAY, NOVEMBER 11 -- 1:15 Early Dismissal -- G BB Shuttle @ 3:45

G Basketball -- 1:25 - 3:30
Wrestling -- 6:15 - 7:30 AM

THURSDAY, NOVEMBER 12

G Basketball -- 8th vs. W. Marshall (H) 4:30
7th @ W. Marshall 4:30
Dismiss @ 3:10 / Bus @ 3:20
Wrestling @ S. Hamilton 4:30
Dismiss @ 3:10 / Bus @ 3:20

FRIDAY, NOVEMBER 13

G Basketball -- 8th vs. Des Moines Christian (H) 4:30
7th @ Des Moines Christian 4:30
Dismiss @ 2:50 / Bus @ 3:00
Wrestling -- 3:45 - 5:30