

**ROLAND-STORY MIDDLE SCHOOL  
FRIDAY, NOVEMBER 13th, 2020 #057**

***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](mailto:chill@roland-story.k12.ia.us) with any questions.

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

**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**

**FRIDAY, NOVEMBER 13**

G Basketball -- 8th vs. Des Moines Christian (H) 4:15

7th @ Des Moines Christian 4:15

Dismiss @ 2:50 / Bus @ 3:00

Wrestling -- 3:45 - 5:30