

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, March 22nd, 2021 #127**

TODAY'S LUNCH

Monday-Cheeseburger, fries, pineapple chunks
Tuesday-Crispito, chips w/cheese, corn, pears
Wednesday-Chicken and gravy, biscuit, mashed potatoes, pears
Thursday-Ham and cheese sub, baby carrots, apple slices
Friday-Fish sandwich, peas, mixed fruit

BREAKFAST

Monday-Ham breakfast bar, fruit
Tuesday-Mini pancakes, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake bites, fruit
Friday-Cereal, graham crackers, 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.

Here is the link to Coach Lettow's remind page for 7th/8th girls' track: [LettowRemind](#)

Boys Track Participants & Parents/Guardians - Please Sign up for Remind messages. Coach Calvert will be sending you important track information through Remind. <https://www.remind.com/join/cbda4f>

7th & 8th Grade Choir Students: Please turn your \$10 robe-cleaning fee into the office. Checks can be made out to Roland-Story Schools. Thank you!

7th and 8th Grade Roland Rural Bus Room please report to **Ms. Houck's** room.

R-S MS PRACTICE / SHUTTLE SCHEDULE

BOYS & GIRLS TRACK

MARCH 22 - MARCH 26

EARLY TRACK SHUTTLE @ 5:25

LATE TRACK SHUTTLE @ 5:45

MONDAY, MARCH 22

BOYS TRACK -- 3:30 - 5:10

GIRLS TRACK -- 3:30 - 5:30

TUESDAY, MARCH 23

BOYS TRACK -- 3:30 - 5:10

GIRLS TRACK -- 3:30 - 5:30

WEDNESDAY, MARCH 24 -- NO PRACTICE

THURSDAY, MARCH 25

BOYS TRACK -- 3:30 - 5:10

GIRLS TRACK -- 3:30 - 5:30

FRIDAY, MARCH 26

BOYS TRACK -- 3:30 - 5:10

GIRLS TRACK -- 3:30 - 5:30

Quote of the Week:

“Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now” Denis Waitley