

ROLAND-STORY NORSEMEN MORNING BULLETIN

Wednesday September 23, 2020 #121 “D”

This Week’s Menu

Wednesday Breakfast: Breakfast Pizza, Apple/Banana/Orange, Milk

Wednesday Lunch: Mac & Cheese, Dinner Roll, Mixed Vegetables, Mandarin Oranges, Milk

Thursday Breakfast: Sausage Pancake Stick, Apple/Banana/Orange, Milk

Thursday Lunch: Beef Teriyaki Dippers, Rice, Green Beans, Applesauce, Milk

Friday Breakfast: Cold Cereal, Poptart, Apple/Banana/Orange, Milk

Friday Lunch: Turkey Fritter Sandwich, Capri Vegetables, Mixed Fruit, Milk

Federal Meal Requirements for FREE Breakfast

Breakfast consists of three components

- 1.** Milk
- 2.** Fruit or Orange Juice
- 3.** Main Dish

⇒ You **MUST** take all **three** items in order to charge as a **Free Breakfast**

⇒ You may **substitute a bagel in place of the Main Dish** for Breakfast

⇒ **If all three items are not taken you will be charged separately for each item via Ala Carte**

Federal Meal Requirements for FREE Lunch

Lunch consists of the following components

- 1.** Milk
- 2.** **¾ Cup Fruit or Vegetable**
- 3.** Meat or Meat Alternative
- 4.** Grain (buns, rolls, pizza crust, biscuit, spaghetti noodles, hard/soft taco shells)

⇒ You **MUST** take all **four** choices with **one of the choices being ¾ cup of fruit or vegetable** in order to charge as a **FREE Lunch**

⇒ **If all four items are not taken you will be charged separately for each item via Ala Carte**

FROM THE OFFICE

1:15 Dismissal Schedule

1st – 8:20 to 8:50

2nd – 8:53 to 9:23

3rd – 9:26 to 9:56

4th – 9:59 to 10:29

6th – 10:32 to 11:02

7th – 11:05 to 11:35

A Lunch 11:35 to 11:58

5th - 11:38 to 12:21

5th SH1 11:38 to 11:58

B Lunch 11:58 to 12:21

5th SH2 12:24 to 12:44

C Lunch 12:21 to 12:44

5 th - 12:01 to 12:44

8 th – 12:47 to 1:15

Reminder that masks are strongly encouraged and some teachers will be requiring them in their classrooms. Please be using sanitizer and practice social distancing.

There will be an FFA meeting this Friday morning at 7:55 am for all members.

Jostens Packets were distributed today in seminar to all Sophomores and Seniors. If you did not get one please see your seminar teacher. If you are a remote learner please stop in the office to pick up your packet.

Nurse Updates

During this time we are taking extra safety measures to keep our students, families and staff safe. Due to this we ask that if your child has two or more low risk symptoms or one high symptom they stay home for 10 days. If you would like to have your child evaluated by their health care provider during that time please communicate with the school the outcome of the evaluation by your child's doctor and we will work together to determine the date your child can safely return to school. Thank you for cooperation during this time.

Evaluating Sick Students and Staff

From the Counselor's Office:

COUNSELOR'S FOLDER

HS Students, come to the south gym during Seminar, Thursday, September 24th, to hear about the club-JAB! (Just Be A Buddy). The purpose of this club is to create a culture of caring, recognizing, and celebrating each other here at RSHS.

DMACC -Ames Hunziker and COVID Policy:

[Click here to view](#)

Scholarship

Masonic Scholarship by Grand Lodge of Iowa, A.F. & A.M.- \$2,000 due 2/1

ATHLETIC ACTIVITIES FOR THE WEEK

Thursday 9/24

JV/Varsity Cross Country Invitational @ River Bend Golf Course 4:30pm

JJV Football Game @ ADM High School 6:00pm

Friday 9/25

9th Grade Football Game @ Iowa Falls---**CANCELED**

Varsity Football Game @ Iowa Falls--**CANCELED**

Dates to Remember

9/29- Picture Day---**RESCHEDULED**

10/6- Picture Day