

# ROLAND-STORY NORSEMEN MORNING BULLETIN

**Tuesday September 22, 2020 #120 "C"**

## **This Week's Menu**

**Tuesday Breakfast:** French Toast Sticks, Cheese Biscuit, Apple/Banana/Orange, Milk

**Tuesday Lunch:** Cheese Quesadilla, Grapes, Carrots & Celery Sticks, Milk

**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**

**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