

ROLAND-STORY NORSEMEN MORNING BULLETIN

Monday September 21, 2020 #120 "B"

This Week's Menu

Monday Breakfast: Ham Breakfast Bar, Graham Crackers, Apple/Banana/Orange, Milk

Monday Lunch: Chicken Strips, Broccoli Normandy, Peaches, Milk

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.

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

Monday 9/21

JV Quadrangular @ Gilbert High School 5:00pm

JV2 Quadrangular @ Gilbert Intermediate 5:00pm

JV Football vs West Marshall @ RSHS 6:00pm---**CANCELED**

Thursday 9/24

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

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