

ROLAND-STORY NORSEMEN MORNING BULLETIN

Friday September 25, 2020 #123 “F”

This Week’s Menu

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.** **$\frac{3}{4}$ 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 $\frac{3}{4}$ 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

Thank you to all of you who applied for fall play crew. You should have received an email from Mrs. Broich informing you if you are on crew or not. Please email Mrs. Broich with any questions.

Voting for Homecoming King and Queen will take place during seminar today! You will be sent a link in your email.

HOMECOMING WEEK 2020

Seminar Door Decorating Contest! Decorating can take place Wednesday (9/23)- Monday (9/28). Judging will take place Tuesday morning, with prizes for 1st, 2nd and 3rd place Seminars!

Monday (9/28): CLASS COLOR DAY!

- Show your class pride by dressing in your class color for the PEP assembly! Seniors- black, Juniors- white, Sophomores – gray, Freshman – red, HS Staff- blue! (No face or body paint allowed.)
- **During Seminar:** Pep Rally with King/Queen Announcement!
*Only current RSHS students may attend, wear your masks! (Seating will be with grade levels.). *Students may also opt to go to the IMC during the pep rally.*

Tuesday (9/29): TYE DYE DAY!!

(Picture day rescheduled to Oct. 6 th)

Wednesday (9/30): TWIN DAY!

- Powder Puff Game at 2:15 PM *Only current RSHS students and senior parents may attend. Senior parents will sit on visitor's side bleachers.

Thursday (10/1): DECADE DAY!

- Tailgate Lunch!

Friday (10/2): NORSEMEN SPIRIT DAY!

- Parade at 2:45 PM.
- HS students dismissed at 2:30 PM to attend the parade!

[Homecoming Week Agenda](#)

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](#)

DMACC -Ames Hunziker and COVID Policy:

[Click here to view](#)

Opportunity

*Federal program options (NCCC & FEMA) have job training and educational funding opportunities. Click on this link for more information.

Scholarship

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

[MCEC Technical Scholarship by Grand Lodge of Iowa, A.F. & A.M.](#)- \$varies due 3/1 graduating Iowa high school senior who plan to enroll in a mechanical or trade course of study at an accredited Iowa Community College

ATHLETIC ACTIVITIES FOR THE WEEK

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