

ROLAND-STORY NORSEMEN MORNING BULLETIN

Tuesday, March 22, 2022 #130 "B"

This Week's Menu

Tuesday Breakfast: Eggo Waffles, Apple/Banana/Orange, Milk

Tuesday Lunch: Nacho Bites, Corn, Peaches, Milk

Wednesday Breakfast: Banana Chocolate Chips Bread, Apple/Banana/Orange, Milk

Wednesday Lunch: Teriyaki Chicken, Rice, Pacific Blend Vegetables, Mandarin Oranges, Milk

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

Thursday Lunch: Turkey & Bacon Pita, Baby Carrots, Mixed Fruit, Milk

Friday Breakfast: Cereal, Granola Bar, Apple/Banana/Orange, Milk

Friday Lunch: Pull Apart Cheddar & Garlic Bread, Marinara, Romaine Salad, Warm Apple Slices

FROM THE OFFICE

Birthdays this Week 🎉

Monday 3/21- Aaron Peyton

Wednesday 3/23- Quinton Carlson, Hailey Crabtree, Reagan Faber

Thursday 3/24- Colin Streit

Sunday 3/27- Isabel Hoskins



[COUNSELOR FOLDER \(9-12\)-Click here](#)

RS students, take time for your mental health by registering for this "Teens Training Teens-Psychological First Aid (PFA)" This 3-hour online course will teach students how to manage their distress and cope with post-disaster stress and adversity. ([See attached flyer.](#))



Local Scholarship

[Friends 'N Service Scholarship](#)- \$400 due 4/22 @12:00pm

ATHLETIC ACTIVITIES FOR THE WEEK

Dates to Remember

4/13- 1:15 Dismissal

4/15- 1:15 Dismissal