

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
SEPTEMBER 28 – OCTOBER 5, 2020

**FOOD SERVICE – Reminder your child has a choice of a
Hot or cold entrees each day.
Milk is also available with each meal**

Jr/Sr HS Pictures – These will be taken on Thursday, October 1st at 8am.

HEALTH and WELLNESS – Eat a Healthy Diet – Healthy eating is an important part of your growth and development. Eat plenty of fruits and vegetables, whole grains, a variety of protein foods and low-fat dairy products.

MONDAY, SEPT. 28:

BREAKFAST: Mini Waffles, Cereal with Toast, Chilled Fruit, Juice, Milk

LUNCH: Chicken Patty on Bun, Steamed Broccoli, Corn, Tuna Salad Sandwich, Italian Chef Salad with Focaccia Bread – SIDES – Fresh Garden Salad, Broccoli, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Science Club
Homecoming Candidate Vote – 8am
HS VB C Team Tri – HERE, 5pm
Play Practice, 7pm

EAST: Belleville After School Program – 3:30pm – 5:30pm

TUESDAY, SEPT. 29:

BREAKFAST: Chicken Biscuit, Cereal with Yogurt, Chilled Fruit, Juice, Milk

LUNCH: Western Egg ‘N Bacon Sandwich, Tater tots, Roasted Carrots, Chicken Po’boy Sandwich, Chicken Bacon Ranch Salad with Italian bread, SIDES – fresh Garden Salad, Crazy Corn Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Class Meetings
FCA Meeting – 6:15pm
Play Practice, 7pm

EAST: Belleville After School Program – 3:30pm – 5:30pm
(please note the Fun Night for tonight has been cancelled)

WEDNESDAY, SEPT. 30:

BREAKFAST: Cherry Pie Sweet roll, Cereal with Toast, Chilled Fruit, Juice, Milk

LUNCH: Meatloaf with hot roll, mashed potatoes, Gravy, Green Beans, Chicken Salad Sandwich, Chicken Caesar Salad, SIDES – Fresh Garden Salad, Green Bean Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Spanish Club
King and Queen Vote for Homecoming – 8am
School Spelling Bee – 9am, Jr/Sr HS Cafeteria

EAST: School Spelling Bee – 9am, Jr/Sr HS Cafeteria
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, OCT. 1:

BREAKFAST: French Toast Sticks, Cereal, Chilled Fruit, Juice, Milk

LUNCH: Chili with Cinnamon Roll, Tater tots, Steamed Broccoli, Turkey and Cheese Sandwich, Cobb Salad with Fruit Muffin – SIDES – Fresh Garden Salad, Crazy corn Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – FFA Officers
Jr/Sr High School -- School Pictures, 8am
Cross Country @Beloit, 3:45pm, bus leaves at 1:15pm
JH VB @Southeast of Saline, 4:15pm, bus leaves at 1:30pm
JH FB @Southeast of Saline, 5pm, bus leaves at 1:30pm
HS VB @Smith Center, leave at 3pm
Play Practice, 7pm

EAST: Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, OCT. 2:

BREAKFAST: Biscuits and Gravy with Sausage, Cereal with Cheese Stick, Chilled Fruit, Juice, Milk

LUNCH: Meatball Sub, Honey Garlic Butter Roasted Carrots, Corn, Popcorn Chicken Wrap, Popcorn Chicken Salad with Italian Bread – SIDES – Fresh Garden Salad, Baby Carrots, Ranch Dressing, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – KAYS Executive
HS FB @Riverside (Wathena), 7pm, bus leaves at 2pm
Play Practice, 7pm

EAST: Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, OCT. 3:

ACTIVITIES: RC JR/SR HS: Play Set Work Day – 8am – 5pm
HS Volleyball @Logan, Quad 10am, bus leaves at 6am
Renaissance Festival is cancelled

MONDAY, OCT. 5:

BREAKFAST: Bacon, Egg and Cheese Biscuit, Cereal with Yogurt, Juice, Chilled Fruit, Milk

LUNCH: Tacos, Refried Beans, Cheesy Cauliflower Popcorn, Pizza Munchables, Italian Chef Salad, with Focaccia Bread – SIDES – Fresh Garden Salad, BBQ Bean Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period –FBLA Officers
Scholars Bowl Practice, 5:45pm
HS JV Football vs. Smith Center, 6pm, HERE
Play Practice, 7pm

EAST: Belleville After School Program – 3:30pm – 5:30pm

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REMINDER – MENUS & EVENTS are subject to change.

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Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

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