

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
SEPTEMBER 21 – SEPTEMBER 28, 2020

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

HS Football – Friday, September 18 – This game vs. Minneapolis will be held in Concordia at 7pm.

EAST ELEMENTARY PICTURES

School Pictures will be on Thursday, September 24, 2020.

LUNCH INFORMATION

Kindergarten afternoon milk and extra milk. REMINDER you are still responsible to pay the .40 cents for the afternoon milk for the kindergarten students as well as any child who gets an extra milk. You are entitled to one free milk with your lunch but if you take an extra you are responsible for paying for it. This would also be for any child who brings his/her lunch but would like to drink milk. Thanks for your attention to this matter.

HEALTHY WELNESS TIPS:

Eat Breakfast – Eating breakfast, even if it's just a banana and a glass of milk, kick-starts the body and makes it easier to maintain lasting energy throughout the day. If you can get children to establish the habit of eating a good breakfast at a young age, it should stay with them as they get older.

Tips for Teens – Exercise Regularly – Teens should be physically active at least 60 minutes of every day.

MONDAY, SEPT. 21:

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

LUNCH: Bacon Pickle Grilled Cheese with Honey Baked Beans, Green Beans, Turkey Jack Sandwich, Italian Chef Salad with Focaccia Bread – SIDES – Fresh Garden Salad, Baby Carrots, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – HS Stuco
JV FB vs. Minneapolis, HERE, 5pm
Scholars Bowl Practice, 5:45pm
Play Practice, 7pm
Freshman/Sophomore Parent Night @Flex Room, 7:30pm
EAST: Belleville After School Program – 3:30pm – 5:30pm
PTO, 7pm

TUESDAY, SEPT. 22:

BREAKFAST: Sausage Pancake on a Stick, Cereal with Yogurt, Chilled Fruit, Juice, Milk

LUNCH: Frito Pie with Garlic Parmesan Roasted Broccoli, Peas, Popcorn Chicken Wrap, With Italian Bread – SIDES – Fresh Garden Salad, Broccoli, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Art club
JH Cross Country @Southeast of Saline, 3:45pm, bus leaves at 2:30pm
Scholars Bowl Practice, 5:45pm
Play Practice, 7pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, SEPT. 23:

BREAKFAST: Breakfast Nachos, Cereal with Cinnamon Toast, Chilled Fruit, Juice, Milk
LUNCH: Chicken Patty with Hot Roll, Mashed Potatoes, Gravy, Roasted Carrots, Ham and Cheese Sandwich, Chicken Caesar Salad SIDES – Fresh Garden Salad, Baby Carrots, Chilled Fruit, Milk
ACTIVITIES: ADM: 2 Hour LATE START – district wide
RC JR/SR HS: Activity Period –2 Hour Late Start
2 Hour LATE START
FFA Land & Home site @Blue Valley -- virtual
EAST: 2 HOUR LATE START
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, SEPT. 24:

BREAKFAST: French Toast Sticks, Cereal with Yogurt, Chilled Fruit, Juice, Milk
LUNCH: BBQ Rib on Bun with French Fried, Roasted Cauliflower, Fried Chicken Salad Sandwich, Cobb Salad with Muffin – SIDES – Fresh Garden Salad, Crazy Corn Salad, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – FBLA/Stuco
JH VB vs. Beloit, HERE, 4:15pm
JH FB vs. Beloit, HERE, 5pm
Cross Country, HERE, 4pm
JH Boys/Girls – 4pm
Varsity Girls – 4:25pm Varsity Guys – 5pm
JV Race – 5:45pm
Play Practice, 7pm
EAST: Elementary school pictures – 8:15am
Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, SEPT. 25:

BREAKFAST: Pancakes, Cereal with Toast, Chilled Fruit, Juice, Milk
LUNCH: Italian Pizza with Roasted vegetables, Corn, Elvis Burrito with Hard Boiled egg, Popcorn Chicken Salad with Italian Bread – SIDES – Fresh Garden Salad, Celery, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – Scholars Bowl
HS FB vs. Maur Hill Prep, Atchison, KS – HERE, 7pm
Play Practice, 7pm
EAST: Follow the Thursday B Schedule
Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, SEPT. 26:

ACTIVITIES: RC JR/SR HS: Play Set Work Day – 8am – 5pm
HS Volleyball @Wakefield, 9am, bus leaves at 6:30am
JH VB tournament, HERE, 9am
HS JV Volleyball @Minneapolis, 9am, bus leaves at 7am

MONDAY, SEPT. 28:

BREAKFAST: Mini Waffles, Cereal, Toast, Chilled Fruit, Fruit Juice, Milk
LUNCH: Chicken Patty on Bun with Steamed Broccoli, Mexican Street Corn, Tuna Salad Sandwich, Italian Chef Salad with Bread – SIDES – Fresh Garden Salad, Broccoli, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – Science Club
HS VB C Team, Tri, HERE, 5pm
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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1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

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

(3) Email: program.intake@usda.gov.

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