

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
OCTOBER 19 - OCTOBER 26, 2020

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

RED RIBBON WEEK – October 23 – October 31

HEALTH and WELLNESS – Grow Your Own – Growing vegetables and herbs at home can be a fun way to teach children where food comes from and to encourage them to eat a more varied diet. They're more likely to take at least a little bit of broccoli or carrots if they've helped to plan and pick them. If you don't have a garden, a window box can be just as effective.

SCHOOL LUNCHES – We have received information on School Lunches. Each child will continue to eat a Free meal through the end of the school year, May 2021. Reminder Kindergarten students for afternoon snack and those purchasing an extra milk will be charged the .40 rate for the milk. Also any student purchasing extra items as a la carte will be charged for those items. Reminder – any child, between the ages of 1 and 18 are entitled to the free meal. If your child is not attending in one of the buildings you may pick a meal up at the back door of the Jr/Sr High School cafeteria, between 12:15pm and 12:30pm. Reminder meals are only available on the days that school is in session.

REMINDER SCHOOL PLAY – Don't forget the school play. It will be performed at the Entertainment Center at the Republic County Fairgrounds in Belleville at 1pm and 6pm on Saturday, October 17.

LIVE STREAMING of Republic County Home Events
NFHSnetwork.com

1. Go to nfhsnetwork.com
2. Click on subscribe in top left corner
3. Choose either the monthly or yearly pass and create an account
4. Once logged in search Republic County JrSr High School
5. Click on events
6. Select the game you want to watch

Note Access to live stream does cost \$10.99 per month, however this allows you access to any team we play that is live streaming games through the NFHS network.
Questions or concerns please contact – Brad Couture at 785-527-1324

Trunk or Treat

Reminder – the Belleville Chamber of Commerce is planning on the Trunk or Treat in downtown Belleville on Friday, October 30 from 4-6pm. They are also encouraging you to visit Belleville Health Care Center, Republic County Hospital, ISB and Country Place Living following the trunk or treat. Drive by and wave at the residents.

LUNCHES – It has come to our attention that at times the menus on the newsletter are not matching what is actually being served. Reminder – sometimes menus have to be changed due to availability of items. The best place to find up to date menus is on the OPAA nutrislice website. You can find this at www.usd109.nutrislice.com

CONGRATULATIONS to the Homecoming Royalty – Gracie Rhine was crowned Queen and Jared Baxa was crowned King. Others in the court were, Taylor Cherney, Emily Jensik, Mariah Motto, Cody Dahl, Curtis Hansen and Kameron Ines.

MONDAY, OCT. 19:

BREAKFAST: NO SCHOOL

LUNCH: NO SCHOOL

ACTIVITIES: ADM: NO SCHOOL – Collaboration/Work Time
RC JR/SR HS: Activity Period – NO SCHOOL
HS JV FB vs.SES, 5pm, HERE
EAST: NO SCHOOL – Collaboration/Work Time

TUESDAY, OCT. 20:

BREAKFAST: Pancake Bites, Cereal with Yogurt, Fruit Juice, Chilled fruit, Milk
LUNCH: Spaghetti and Meat Sauce with Italian Bread, Honey Garlic Butter Roasted Carrots, Peas, Pizza Munchables, Chicken Bacon Ranch Salad with Italian Bread, SIDES – Fresh Garden Salad, Crazy Corn Salad, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – FFA
HS VB vs. Beloit, HERE, 5pm
Senior Night before the last Varsity match
Scholars Bowl practice, 5:45pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, OCT. 21:

BREAKFAST: Pumpkin Pie Cinnamon Roll, Cereal with Cheese Stick, Chilled Fruit, Fruit Juice, Milk
LUNCH: Chicken Patty, Hot Roll, Mashed Potatoes, Gravy, Green Beans, Italian Sub, Chicken Caesar Salad with Hot Roll – SIDES – Fresh Garden Salad, Green Bean Salad, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – Open
Fiber Arts Field Trip to Alpaca farm – (cancelled hope to do in spring)
EAST: Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, OCT. 22:

BREAKFAST: Pancake Sausage Griddle, Cereal with Muffin Square, fruit Juice, Chilled Fruit, Milk
LUNCH: Mozzarella Dunkers, French Fries, Vegetable Blend, Chicken Salad Sandwich, Cobb Salad with Fruit Muffin – SIDES – Fresh Garden Salad, BBQ Bean Salad, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – Scholars bowl
Picture retakes – 8am
Jr/High -- Night at the Wax Museum –CANCELLED
EAST: Picture retakes – 10am
Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, OCT. 23:

BREAKFAST: Biscuits and Gravy with Sausage, Cereal with Muffin Square, Fruit Juice, Chilled Fruit, Milk
LUNCH: Italian Pizza, Honey Baked Beans, roasted Zucchini, Peanut Butter and Jelly Sandwich with Cheese Stick, Popcorn Chicken Salad with Italian Bread, SIDES – fresh Garden Salad, Baby Carrots, Ranch dressing, Chilled Fruit, Milk
ACTIVITIES: ADM: End 1st Quarter
RC JR/SR HS: Activity Period – Spanish Club
HS FB @Nemaha Central (Seneca) 7pm, bus leaves at 3pm
EAST: Follow the Thursday B Schedule
Report Cards go home with students
Wear Red Day for Red Ribbon Week
Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, OCT. 24:

ACTIVITIES: RC JR/SR HS: Rain date for the Play
Sub State VB @Herington, Times TBA
Regional Cross Country @Washington
Girls run at 12:00 noon, Boys run at 12:35pm

MONDAY, OCT. 26:

BREAKFAST: Breakfast Pizza, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk
LUNCH: Chicken and Waffles, Steamed Broccoli, Corn, Egg Salad Sandwich, Italian Chef Salad with Focaccia Bread – SIDES – Fresh Garden Salad, Broccoli, Ranch Dressing, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – KAYS Executive
Scholars Bowl @Minneapolis, 4pm, bus leaves at 2:15pm
JV FB vs. Sacred Heart, 5pm, HERE
EAST: Belleville After School Program – 3:30pm – 5:30pm

USDA is an equal opportunity provider and employer.

REMINDER – MENUS & EVENTS are subject to change.
USD #109 is an equal opportunity employer. USD #109 does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or policies.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.