

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
OCTOBER 26 – NOVEMBER 2, 2020

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

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.

School Play – We would like to recognize all the participants in the school play as well as director Mrs. Darsha Enns on their hard work and dedication to the school play. The play was a huge success and enjoyed by all who were able to attend. Thanks again for all your hard work.

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.

RCHS FB – The football game scheduled to be played at Nemaha Central (Seneca) on Friday, October 23rd has been cancelled as well as the JV FB game scheduled for Monday, October 26.

Regional Cross Country – Saturday, October 24 – Good luck to the teams. Girls will run at Noon and the boys will follow at 12:35pm. Meet will be held at Washington County Golf Course. Each runner is limited to 4 parents/spectators.

State Cross Country – Saturday, October 31 – Please note that State Cross Country will be held at Victoria this year. The Boys will run at 9:30am and the Girls at 10:05. Participants will be determined by how they do at the Regional meet on Saturday, October 24th.

Sub-State Volleyball – The volleyball team will be participating at Herington on Saturday, October 24th. Their first match will be at 2pm at the high school gym taking on Herington. If they Win the tournament on Saturday they will advance to the Quarter-finals of the State Volleyball tournament on Tuesday, October 27, time and place to be determined. If they win the quarter-finals they will advance to Dodge City for the State Finals on Friday, October 30.

Daylight Savings Time Ends – Don't forget to turn your clocks back one hour before going to bed on Saturday Night, October 31.

Picture Retakes – Jr/Sr High School – Picture retakes will be the first week of November. No date has been set yet.

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

TUESDAY, OCT. 27:

BREAKFAST: Donuts, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk
LUNCH: Scrambled Eggs with French Toast Sticks, Tater tots, Roasted Cauliflower, Chicken Salad 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 – Science Club
Scholars Bowl @Beloit, 3:30pm, bus leaves at 2pm
FCA Meeting, 6:15pm
State VB Quarterfinals – Play will be determined by how team did at Herington on October 24
EAST: Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, OCT. 28:

BREAKFAST: Soft Filled Cereal Bars, Cereal with Muffin Square, Fruit Juice, Fresh Fruit, Milk
LUNCH: Chicken Patty, Hot Roll, Mashed Potatoes, Gravy Glazed Carrots, Nacho Munchable, Chicken Caesar Salad with Hot Roll – SIDES – Fresh Garden Salad, Celery Ranch Dressing, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – FBLA
EAST: East Halloween Parade around square, 8:20am
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, OCT. 29:

BREAKFAST: NO SCHOOL – Collaboration Day/Parent Teacher conferences
LUNCH: NO SCHOOL – Collaboration Day/Parent Teacher Conferences
ACTIVITIES: RC JR/SR HS: Activity Period –NO SCHOOL
Collaboration/Work Day – 7:30am – 11:30am
Parent Teacher Conferences 12:30pm – 7:30pm
EAST: NO SCHOOL
Collaboration Work Day
Parent Teacher conferences 10:30am – 7:30pm

FRIDAY, OCT. 30:

BREAKFAST: NO SCHOOL
LUNCH: NO SCHOOL
ACTIVITIES: RC JR/SR HS: Activity Period – NO SCHOOL
State Volleyball @Dodge City
HS FB TBA
EAST: NO SCHOOL
Trunk or Treat – 4-6pm
Held in downtown Belleville on the square

SATURDAY, OCT. 31:

ACTIVITIES: ADM: Daylight Saving Time Ends
Don't forget to turn your clocks back one hour before going to bed on Saturday night
RC JR/SR HS: State Cross Country @Victoria, Sand Plum Course
Boys run 9:30am, Girls run 10:05am
KMEA District Vocal and Band Auditions @Junction City

MONDAY, NOV. 2:

BREAKFAST: Sausage Biscuit, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk
LUNCH: Hot Option – Lasagna Roll up with Focaccia Bread, Steamed Broccoli – Cold Options – East – Pizza Munchables – Jr/Sr HS – Ham and cheese Wrap, Salad – Italian Chef Salad with Focaccia Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – NHS
FAFSA Zoom Meeting -- Senior Night – Flex Room, 7:30pm,
Scholars Bowl @Lincoln, 4pm, bus leaves at
EAST: Belleville After School Program – 3:30pm – 5:30pm
PTO Meeting – 7pm

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REMINDER – MENUS & EVENTS are subject to change.

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(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.

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