

**REPUBLIC COUNTY U.S.D. NO. 109**  
**BREAKFAST AND LUNCH MENUS AND ACTIVITIES**

OCTOBER 5, - OCTOBER 12, 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 – Choose healthier snacks** – It’s easy to reach for chips or biscuits when you and your children feel like nibbling on something, but these snacks tend to be low in nutrients and high in calories. Instead, try to keep your cupboards stocked with healthier snacks such as fruit, air-popped popcorn, unsalted nuts and unsweetened yogurt.

**FALL PLAY – Please note that the Fall Play will be performed at a different location and time this year. It will be held at the Entertainment Center at the fairgrounds on Saturday, October 17. They will have a matinee at 1pm and then an evening performance at 6pm. The play will be a two act comedy “Leaving Iowa”. It is about a family road trip and a son’s journey to fulfill his father’s last request. The performance is \$8.00 for adults and \$5.00 for students. This is the first performance for the new director Mrs. Darsha Enns.**

**Bag It and Bank It for the Buffs.** The 8<sup>th</sup> annual Republic County Jr/Sr High School Food Drive will be held on Wednesday, October 7<sup>th</sup>. Please leave your non-perishable food items or canned goods in a bag on your curb by 8:30am to be picked up by Republic County Jr/Sr High students on Wednesday, October 7<sup>th</sup>. Bags will be provided to you on Monday, October 5<sup>th</sup>. All donations are appreciated and will be given to the Republic County Food Bank. If you have questions, please call the Jr/Sr High school building at 785-527-2281.

**HOMECOMING CANDIDATES**

**King**

Jared Baxa  
Cody Dahl  
Curtis Hansen  
Kameron Ines

**Queen**

Taylor Cherney  
Emily Jensik  
Mariah Motto  
Gracie Rhine

**Homecoming**

Homecoming will be held on Friday, October 9<sup>th</sup>. The assembly will take place at the Junior Senior High School at 1:30pm. Reminder, masks MUST be worn in the building. The parade will take place at 2:30pm in downtown Belleville. The Coronation will take place at the football field at 6:30pm, before the football game. At 7pm the Buffs will be taking on St. Mary’s. Good luck to all the candidates and the football team. **REMINDER – There will be NO dance this year.**

**MONDAY, OCT. 5:**

**BREAKFAST:** Bacon, Egg and Cheese Biscuit, Cereal with Yogurt, Fruit 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  
JV Football vs. Smith Center, HERE, 6pm  
Scholars Bowl Practice, 5:45pm  
Play Practice, 7pm

**EAST:** Pre-K Screening, 8am – 3:30pm  
Belleville After School Program – 3:30pm – 5:30pm

**TUESDAY, OCT. 6:**

**BREAKFAST:** Cheesy Ham and Egg Casserole, Cereal with Muffin Square Sides, Juice, Chilled Fruit, Milk

**LUNCH:** Macaroni and Cheese with Italian Bread, Steamed Broccoli, Corn, Turkey and Cheese Sandwich, Chicken Bacon Ranch Salad with Italian Bread – SIDES – Fresh Garden Salad, Broccoli Ranch Dressing, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS  
HS VB @ Sacred Heart, 5pm, bus leaves at 2:30pm  
Play Practice 7pm  
Jr/Sr Parent Night and FAFSA – Lobby Flex Room, 7pm

**EAST:** Pre-K Screening, 8am – 4pm  
Belleville After School Program – 3:30pm – 5:30pm

**WEDNESDAY, OCT. 7:**

**BREAKFAST:** Colby Egg Omelet, Cereal with Muffin Square Sides, Juice, Chilled Fruit, Milk

**LUNCH:** Chicken Patty, Hot Roll, Mashed Potatoes, Gravy, Green Beans, Ham and Cheese Roll Up, Chicken Caesar Salad with Hot Roll, SIDES – Fresh Garden Salad, Green Bean Salad, Chilled Fruit, Milk

**ACTIVITIES: ADM:** **Republic County Spelling Bee – Blair Theatre – 1pm**  
D-Silt @ District office, 4pm

**RC JR/SR HS:** Activity Period – FFA  
Local Can Food Drive – 2<sup>nd</sup> and 3<sup>rd</sup> Hours  
Bag It and Bank It for the Buffs  
**Republic County Spelling Bee – Blair Theatre – 1pm**

**EAST:** **Republic County Spelling Bee – Blair Theatre – 1pm**  
Belleville After School Program – 3:30pm – 5:30pm

**THURSDAY, OCT. 8:**

**BREAKFAST:** Cherry Pie Sweet Roll, Cereal with Cheese Stick, Chilled Fruit, Juice, Milk

**LUNCH:** Cheeseburger, French Fries, Vegetable Blend, Chicken Salad Sandwich, Cobb Salad with Fruit Muffin – SIDES – Fresh Garden Salad, Crazy Corn Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FCCLA  
Cross Country @ Lincoln, 4pm, bus leaves at 1:15pm  
Cross Country @ Minneapolis, 4:30pm bus leaves at 2:30pm  
JH VB @ Valley Heights, 5pm, bus leaves at 2:30pm  
JH FB @ Valley Heights, 6:30pm, bus leaves at 2:30pm  
Play Practice, 7pm

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

**FRIDAY, OCT. 9:**

**BREAKFAST:** Biscuits and Gravy with Sausage, Cereal with Muffin Square Sides, Juice, Chilled Fruit, Milk

**LUNCH:** Italian Pizza, Parmesan Roasted Carrots, Peas, 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: RC JR/SR HS:** Activity Period – HS Stuco/Homecoming Practice  
Homecoming Assembly, 1:30pm  
Homecoming Parade, 2:30pm  
Homecoming Coronation, 6:30pm  
HS FB vs. St. Mary's, 7pm  
**NO Homecoming Dance this year**

**EAST:** Follow the Tuesday B Schedule  
Homecoming Parade, 2:30pm (Wear School Colors)  
Belleville After School Program – 3:30pm – 5:30pm

**SATURDAY, OCT. 10:**

**ACTIVITIES: RC JR/SR HS:** Play Set Work Day – 8am – 5pm  
HS VB – JV -- @ Ellsworth, 8am, bus leaves at 5:30am  
JH VB @ Minneapolis, 1pm, bus leaves at 11am

**MONDAY, OCT. 12:**

**BREAKFAST:** Sausage Biscuit, Cereal with Cheese Stick, Juice, Chilled Fruit, Milk

**LUNCH:** Hot Dog on Bun, Glazed Carrots, Corn, Egg Salad Sandwich, Italian Chef Salad  
With Focaccia Bread – SIDES – Fresh Garden Salad, Baby Carrots,  
Ranch Dressing, Chilled Fruit, Milk

**ACTIVITIES: ADM: Board of Education Meeting, 7:30pm, District office**

**RC JR/SR HS:** Activity Period – FCCLA Officers

FFA – Entomology Judging -- Virtual

HS VB @Thayer Central, 4:30pm, bus leaves at 3pm

Scholars Bowl Practice, 5:45pm

Play Practice, 7pm

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

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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](mailto:program.intake@usda.gov).

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