

**REPUBLIC COUNTY U.S.D. NO. 109**  
**BREAKFAST AND LUNCH MENUS AND ACTIVITIES**  
OCTOBER 12 - OCTOBER 19, 2020

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

**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](http://www.usd109.nutrislice.com)**

**HEALTH and WELLNESS – Water – Make water the drink of choice at meal times, and keep juice and sweet drinks as occasional treats. While juice has valuable nutrients and gives a concentrated energy boost for active, growing bodies, kids should go for water first when they are thirsty, not sweetened drinks.**

**FALL PLAY – Please note that the Fall Play will be performed at a different location and place 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. Mrs. Darsha Enns is the director.**

**REMINDER – Homecoming Friday, October 9<sup>th</sup>.** The assembly will be taking place at the Jr./Sr. High School at 1:30pm. Reminder masks are required in the building. The parade will be in downtown Belleville at 2:30pm. The coronation will be at the football field at 6:30pm. At 7pm the Buffs will be taking on St. Mary’s. Get out and enjoy all the festivities.

**RGHS JV Volleyball – Saturday, October 10**

The JV VB team will be in action at Ellsworth – Reminder game times are approximate	City Hall
High school	
Republic County vs. Ellsworth – 9am	Republic County vs. Little River – 10am
Republic County vs. Sterling – 12pm	Republic County vs. Russell – 1pm
	Republic County vs. Sacred Heart – 2pm

**Republic County School spelling Bee –**

Congratulations to the following students – Kaden Novak was the Champion of the school spelling bee, Ellyn Feight was 1<sup>st</sup> Runner Up and Samuel Anderson was 2<sup>nd</sup> runner up. These students along with Faith Dyke, Billy Cherney and Ethan Ines represented the school at the county spelling bee on Wednesday, October 6. Other students participating in the all school bee were Isaac Anderson, Clara Strnad, Wynn Larson, Kyra Evert, Peyton Spichal, Sawyer Stephens, Grace Siemsen, Jacquelyn Parde, Aden Morris, Kirsten Ball, Maelin Johnson and Michael Sonder. Great job by all the students.

**COUNTY SPELLING BEE – Wednesday, October 7<sup>th</sup>**

Congratulations to Ethan Ines on being named the County Champion. Samuel Anderson was 1<sup>st</sup> Runner Up. GREAT JOB!!!

**MONDAY, OCT. 12:**

**BREAKFAST:** Sausage Biscuit, Cereal with Cheese Stick, Fruit 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, District office, 7:30pm**

**RC JR/SR HS:** Activity Period – FCCLA Officers  
HS VB @Thayer Central, 4:30pm, bus leaves at 3pm  
HS JV FB vs. Valley Heights, 5:30pm, HERE  
Scholars Bowl, 5:45pm  
Play Practice, 7pm

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

**TUESDAY, OCT. 13:**

**BREAKFAST:** Pumpkin French Toast Casserole, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** **EAST --** Grilled Ham and Cheese Sandwich, Tater Tots, Roasted Cauliflower, Nacho Munchable Chicken Bacon Ranch Salad – **SIDES** – Fresh Garden Salad, Fresh Cauliflower, Ranch Dressing, Chilled Fruit, Milk  
**Jr/Sr HS**—Same as East (except in place of Nacho Munchable will have Cheesy Chicken Sandwich)

**ACTIVITIES: RC JR/SR HS:** Activity Period – BAG  
HS VB vs. Minneapolis, HERE, 5pm  
HS League Cross Country @Minneapolis, 5pm, bus leaves at 3pm  
Play practice, 7pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**WEDNESDAY, OCT. 14:**

**BREAKFAST:** Breakfast Nachos, Cereal with Muffin Square, Fruit Juice, Chilled Fruit, Milk

**LUNCH:** Chicken Patty, Hot Roll, Mashed Potatoes, Gravy, Peanut Butter and Jelly Sandwich With hard-boiled Egg, Chicken Caesar Salad with Hot Roll – **SIDES** – Fresh Garden Salad, Celery, Ranch Dressing, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FFA Officers  
ACT/PSAT Test – Juniors, 8am - Noon  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**THURSDAY, OCT. 15:**

**BREAKFAST:** Mini Cinni's, Cereal with Yogurt, Fruit Juice, Chilled Fruit, Milk

**LUNCH:** Chicken Nuggets, Italian Bread, Lemon Butter Broccoli, Peas, Ham and Cheese Sandwich, Cobb Salad with Fruit Muffin – **SIDES** – Fresh Garden Salad, Broccoli, Ranch Dressing, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period –FBLA Officers/JH Stuco  
FFA Dairy Cattle (postponed until Spring)  
JH VB @Ellsworth, 4:15pm, bus leaves at 1pm  
JH FB @Ellsworth, 5pm, bus leaves at 1pm  
Play Practice, 7pm  
FCCLA Conference @Chapman - virtual  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**FRIDAY, OCT. 16:**

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

**LUNCH:** Super Nachos, Southwest Beans, Parmesan Roasted Carrots, Tuna Salad Wrap, Popcorn Chicken Salad with Italian Bread – **SIDES** – Fresh Garden Salad, BBQ Bean Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – Art Club  
End 1<sup>st</sup> Quarter  
HS FB vs. ACCHS – 7pm (Senior Night)  
Announced before game at 6:30pm (football & cross country)  
JH Band Halftime performance  
FCCLA Pink Out during game  
**EAST:** End 1<sup>st</sup> Quarter  
Follow the Wednesday A Schedule  
Belleville After School Program – 3:30pm – 5:30pm

**SATURDAY, OCT. 17:**

**ACTIVITIES: RC JR/SR HS:** Fall Play Matinee –Entertainment Center/Fairgrounds– 1pm  
Fall Play Production – Entertainment Center/Fairgrounds – 6pm  
JH Volleyball Tournament – Beloit, 9am, bus leaves at 7am

**MONDAY, OCT. 19:**

**BREAKFAST:** **NO SCHOOL – Teachers Inservice**

**LUNCH:** **NO SCHOOL – Teachers Inservice**

**ACTIVITIES: RC JR/SR HS:** Activity Period – **NO SCHOOL – Teachers Inservice**  
JV Football vs. Superior, 5pm, HERE  
**EAST:** **Teachers Inservice – NO SCHOOL**

**TUESDAY, OCT. 20:**

**BREAKFAST:** Pancake Bits, 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)  
Announced before last Varsity game of night  
Scholars Bowl Practice – 5:45pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

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**REMINDER – MENUS & EVENTS are subject to change.**

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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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