

REPUBLIC COUNTY U.S.D. NO. 109

BREAKFAST AND LUNCH MENUS AND ACTIVITIES

NOVEMBER 20 – DECEMBER 4, 2017

All Grades 6-12 have a Fruit Choice and Garden Salad Bar with lunch

CHOICE for Lunch the week of November 20 – November 21 will be

Peanut/Butter/Jelly Sandwich

CHOICE for Lunch the week of November 27 – December 1, 2017 will be

Yogurt, String Cheese and Crackers

RCHS Fall Sports Banquet– The banquet will be held this Friday, November 17 at 7pm at the Jr/Sr HS cafeteria. Athletes from high school Cross Country, Volleyball and Football will be honored. Pulled Pork Sandwiches, table service and drinks will be provided by the Booster Club. Please bring a side dish or dessert to share.

Republic County Jr/Sr High School – Scholastic Book Fair

The Jr/Sr High School will be hosting the Scholastic Book Fair, Saturday, December 2nd – Friday, December 8th. They will be open from 7:30am – 2:30pm on Saturday the 2nd, and 7:30am – 4pm from Monday the 4th – Friday the 8th. Be sure and stop in the library. They have a wide selection of books and items that would be great for Christmas gifts and stocking stuffers. The proceeds from the book fair go to the library for books and supplies.

KIDS and Food:

TIPS for Parents:

Put Sweets in their place: Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.

MONDAY NOV. 20:

BREAKFAST: French Toast Sticks, Syrup, Fruit Cocktail, Juice Choice, Milk Choice

LUNCH: Cowboy Cavatina, Whole Grain Roll, Seasoned Corn, Garden Salad, Fresh Orange, Milk Choice

ACTIVITIES: **RC JR/SR HS:** Activity Period – Junior Class

JH Girls BB vs. Russell, 4:30pm, HERE

Girls games at East

JH Guys BB vs. Russell, 4:30pm, HERE

Guys games at Jr/Sr HS

NCAA League Vocal – Minneapolis, 1pm, bus leaves at 11:45am

EAST: Belleville After School Program – 3:20 – 5:30pm

EAST Site Council – East Computer Lab – 5pm

TUESDAY NOV. 21:

BREAKFAST: Scrumptious Coffee Cake, Fresh Citrus Fruit Cup, Juice Choice, Milk Choice

LUNCH: Chicken Quesadilla, Tortilla Chips (9-12), Black Bean Corn Salsa (9-12), Broccoli Florets, Fresh Baby Carrots, Fresh Fruit, Milk Choice

ACTIVITIES: **RC JR/SR HS:** Activity Period – FFA Officers

EAST: Belleville After School Program – 3:20 – 5:30pm

NO SCHOOL – WEDNESDAY – November 22 – Friday, November 24. The School offices and the District Administration office are closed. ENJOY the Holiday !!!

FRIDAY, NOV. 24

RCHS GIRLS ALUMNI SCRIMMAGE – 4-6pm, Jr/Sr High School Gymnasium

RCHS GUYS ALUMNI SCRIMMAGE – 6-8pm, Jr/Sr High School Gymnasium

MONDAY, NOV. 27:

BREAKFAST: Breakfast Pizza, Sliced Peaches, Juice Choice, Milk Choice

LUNCH: Chicken Wrap, Spanish Brown Rice, Romaine Lettuce, Tomato Slice, Fresh Sliced Zucchini, Tropical Fruit, Milk Choice

ACTIVITIES: **RC JR/SR HS:** Activity Period – Open

Scholars Bowl @Ellsworth, 4:30pm, bus leaves at 1:55pm

JH Girls BB @Thayer Central, 5:30pm, bus leaves at 4:30pm

EAST: Belleville After School Program – 3:20 – 5:30pm

TUESDAY, NOV. 28:

BREAKFAST: Whole Grain Muffin, Rosy Applesauce, Juice Choice, Milk Choice
LUNCH: Hamburger/Bun, Garden Salad, Green Beans, Mandarin Oranges, Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period – OPEN
JV Scholars Bowl @Marysville, 4pm, bus leaves at 2pm
EAST: 3rd Grade to Wichita Children’s Theater, (Cavity Crisis in Cowtown)
At Blair Theatre, 9:30am
RCDC, Kindergarten & 2nd Grade to Wichita Children’s Theatre,
(The Three Little Pigs) at Blair Theatre, 1pm
Belleville After School Program – 3:20 – 5:30pm

WEDNESDAY NOV. 29:

BREAKFAST: Excellent Egg Taco, Tomato Salsa, Graham Snacks, Sliced Pears,
Juice Choice, Milk Choice
LUNCH: Chicken & Noodles, Whole Grain Roll, Mashed Potatoes, Diced Carrots,
Fresh Grapes, Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period – Scholars Bowl
EAST: 1st Grade to Wichita Children’s Theatre (The Three Little Pigs) at
At Blair Theatre, 9:30am
3rd, 4th & 5th Grades to Wichita Children’s Theatre, (The Mark Twain
Show – Stories of his writings), at Blair Theatre, 1pm
PDC Meeting @East Computer Lab, 3:45pm
Belleville After School Program – 3:20 – 5:30pm

THURSDAY NOV. 30:

BREAKFAST: Whole Grain Cinnamon Roll, Sliced Peaches, Juice Choice, Milk Choice
LUNCH: Taco Salad, Tortilla Chips, Red Bell Pepper Strips, Refried Beans, Romaine Lettuce,
Fresh Fruit, Cinnamon Puff (6-12), Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period – FBLA Officers
JH Girls BB @Ellsworth, 4pm, bus leaves at 1:30pm
JH Boys BB @Ellsworth, 4pm, bus leaves at 1:45pm
HS BB vs. Thayer Central, 4:30pm, HERE
JV Girls 4:30pm, followed by
Varsity Girls, then Varsity Guys
EAST: Belleville After School Program – 3:20 – 5:30pm
HS BB vs. Thayer Central, 4:30pm, HERE
JV Guys 4:30pm, followed by C Boys

FRIDAY DEC. 1:

BREAKFAST: Mini Waffles, Apricot Halves, Juice Choice, Milk Choice
LUNCH: Chicken Nuggets, Whole Grain Roll, Mashed Potatoes, Gravy, Tossed
Salad, Sliced Pears, Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period – FFA
EAST: Follow the Tuesday/Thursday Schedule
Belleville After School Program – 3:20 – 5:30pm
Kindergarten Christmas Program @East Gym, 6:30pm
Grades 1st and 2nd, Christmas Program @East Gym, 7:30pm

SATURDAY, DEC. 2

ACTIVITIES: RC JR/SR HS: HS Wrestling @Lincoln, 10am, bus leaves at 6am
HS BB @Superior, 6pm, bus leaves at 3:10pm
SCHLASTIC BOOK FAIR – Jr/Sr High School Library
7:30am – 2:30pm

SUNDAY, DEC. 3:

ACTIVITIES: RC JR/SR HS: Open Gym 1-3pm

MONDAY, DEC. 4:

BREAKFAST: Whole Grain Cereal, Sausage Patty, Sliced Pears, Juice Choice, Milk Choice
LUNCH: Hamburger/Whole Grain Bun, Garden Salad, Green Beans, Mandarin Oranges,
Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period – FCCLA Officers
SCHLASTIC BOOK FAIR – Jr/Sr High School Library
7:30am – 4pm
JH Boys BB @Sacred Heart, 4:30pm, bus leaves at 2:45pm
JH Girls BB vs. Sacred Heart, HERE, 4:30pm
EAST: Belleville After School Program – 3:20 – 5:30pm

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REMINDER – MENUS & EVENTS are subject to change.

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