

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

**OCTOBER 1, 2018 – OCTOBER 8, 2018**

**FOOD SERVICE – Reminder your child has a choice of 3 entrees each day.**  
**Milk is also available with each meal.**

**HOMECOMING** – Be sure and mark your Calendars for all the upcoming Homecoming Festivities, this Friday, September 28. The Homecoming Assembly will take place at 1:30pm at the Jr/Sr High School Gymnasium, followed by the parade in downtown Belleville, at 2:30pm. The crowning will take place at 6:30pm before the game at the football field. The Football team will then be in action against Plainville at 7pm that evening. Be sure and attend all the activities.

**Tailgate before the game** – The American State Bank will be sponsoring a free will donation tailgate, at the Homecoming Game. They will begin serving at 5:30pm out of the Ag shop. They will be serving pulled pork, coleslaw, chips and cookies. The donations will go to the Republic County Junior Senior High school incentive fund.

**QUEEN CANDIDATES**

Amber Cherney  
Jony Dahl  
Taylor Gardner  
Emily Martin

**KING CANDIDATES**

Jerrick Baxa  
Ethan Nutsch  
Marc Poppe  
Grant White

**HEALTHY TIP: -- Don't get Thirsty**

We need to drink plenty of fluids to stop us from getting dehydrated – the government recommends 6-8 glasses every day. This is in addition to the fluid we get from the food we eat. All non-alcoholic drinks count, but water and lower fact milk are healthier choices. Try to avoid sugary soft and fizzy drinks that are high in added sugars and calories and are also bad for teeth. When the weather is warm or when you are active, you may need more fluids.

**MONDAY, OCT. 1:**

**BREAKFAST:** Egg and Cheese Bagel, Waffles with Syrup, Oatmeal, Fresh Fruit

**LUNCH:** Corn Dog or Chicken Nachos with White Queso – Entrée Salad – Taco Salad,  
Cornbread – SIDES – Fresh Garden Salad, Texas Pintos,  
Mandarin Oranges

**ACTIVITIES: RC JR/SR HS:** Activity Period – FFA Officers  
JV Football vs. Smith Center, HERE 5pm  
Play Practice, 7pm

**EAST:** Anti-Bullying Week @East  
Belleville After School Program – 3:30pm – 5:30pm

**TUESDAY, OCT. 2:**

**BREAKFAST:** French Toast Sticks with Syrup, Fruit and Yogurt Parfait with Fruit Muffin,  
Cereal, Oatmeal, Chilled Fruit

**LUNCH:** BBQ Rib on Bun or Meatball Sub, French Fries – Entrée Salad – Cobb Salad,  
Blueberry Muffin – SIDES – Caesar Side Salad, Banana Orange Mix

**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS Executive  
HS VB @Sacred Heart, 5pm, bus leave at 2:30pm  
Scholars Bowl Practice, 5:45pm  
Play Practice, 7pm

**EAST:** Randy Nadler Assembly @Blair Theatre, 8:45am  
Belleville After School Program – 3:30pm – 5:30pm

**WEDNESDAY, OCT. 3:**

**BREAKFAST:** Blueberry Sweet Roll, Breakfast Burrito, Cereal, Oatmeal, Yogurt, Fresh Fruit  
**LUNCH:** Chicken Patty or Meatloaf, Mashed Potatoes with Gravy – Entrée Salad – Caesar Side Salad, Hot Rolls – SIDES – Glazed Carrots, Peaches, Hot Rolls  
**ACTIVITIES: RC JR/SR HS:** Activity Period – FBLA Officers  
Science Club Field Trip to Manhattan, bus leaves at 7am  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**THURSDAY, OCT. 4:**

**BREAKFAST:** Scrambled Eggs, Chocolate Croissant, Cereal, Oatmeal, Toast, Chilled Fruit  
**LUNCH:** Popcorn Chicken Nuggets or Hamburger Mac and Cheese, Italian Bread – Entrée Salad – Strawberry Chicken Salad, Italian Bread, SIDES – Fresh Garden Salad, Corn, Applesauce  
**ACTIVITIES: RC JR/SR HS:** Activity Period – JH Stuco  
FFA State Land Judging @Riley County, bus leaves at 6:45am  
Cross Country @Lincoln, 4pm, bus leaves at 1:15pm  
JH VB @Beloit, 4:15pm, bus leaves at 2:15pm  
JH FB @Beloit, 5pm, bus leaves at 2:45pm  
Play Practice, 7pm  
**EAST:** Belleville After School program – 3:30pm – 5:30pm

**FRIDAY, OCT. 5:**

**BREAKFAST:** Biscuits and Gravy with Sausage Cinnamon Streusel Crumb Cake, Cereal Oatmeal, Yogurt, Fresh Fruit  
**LUNCH:** Cheese Pizza or Parmesan Chicken Sandwich, Entrée Salad – Chicken Bacon Ranch Salad, Pineapple Muffin – SIDES – Spring Salad Mix, Broccoli with Ranch Dressing, Pineapple  
**ACTIVITIES: RC JR/SR HS:** Activity Period – FFA  
Tailgate before the game – sponsored by the Junior Class Parents  
Proceeds go to the after prom party  
Senior Night before Football game at 6:30pm  
Senior Football players, Cross Country  
And Cheerleaders will be recognized  
Varsity FB vs. Ell-Saline, 7pm  
JH Band will have the halftime performance  
FFA Kansas Junior Livestock Show @Hutchin2on (Fri., Sat. Sun)  
**EAST:** Follow the Tuesday/Thursday schedule today  
Belleville After School Program – 3:30pm – 5:30pm

**SATURDAY, OCT. 6:**

**ACTIVITIES: RC JR/SR HS:** BAG students to Renaissance Festival, bus leaves 5:30am  
HS JV Volleyball @Ellsworth, 8am, bus leaves at 6am  
JH VB @Minneapolis, 8:30am, bus leaves at, 6:4am

**MONDAY, OCT. 8:**

**BREAKFAST:** Breakfast Slicers, Waffles with syrup, Cereal, Oatmeal, Yogurt, Fresh Fruit  
**LUNCH:** Chedda-Toni with Italian Bread or Chicken Patty on Bun – Entrée Salad – Strawberry Chicken Salad, Italian Bread – SIDES – Spring Salad Mix, Cheesy Cauliflower Popcorn, Peaches  
**ACTIVITIES: ADM: Board of Education Meeting @7:30pm, district office**  
**RC JR/SR HS:** Activity Period – FBLA  
HS VB @Thayer Central, 4:30pm, bus leaves at 3pm  
HS JV Football @Ell-Saline, 5pm, bus leaves at 2:45pm  
Play Practice, 7pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

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