

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

**NOVEMBER 6 – NOVEMBER 13, 2017**

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

CHOICE for Lunch the week of November 6 – November 10 will be  
Peanut/Butter/Jelly Sandwich

CHOICE for Lunch the week of November 13 – November 17 will be  
Yogurt, String Cheese and Crackers

## **FRESH FRUIT/VEGETABLE PROGRAM -- East Elementary**

A group of volunteers is responsible for administering the Fresh Fruit and Vegetable Program to our Kindergarten through 5<sup>th</sup> Grade students at East Elementary. They are asking for donation of sandwich/snack baggies for the program. You may drop them off or send to the East Elementary office during the week of October 30 – November 2<sup>nd</sup>. You may also bring them to Parent/Teacher Conferences on November 2<sup>nd</sup>. Thanks for your support.

**REMINDER – School dismissed at 12:30pm on Thursday, November 2<sup>nd</sup>  
Parent Teacher Conferences will be held at the school buildings, 1:30 pm –  
8:30pm.**

**NO SCHOOL – Friday, November 3<sup>rd</sup>**

## **DAYLIGHT SAVINGS TIME ENDS –**

REMINDER – Be sure and turn your clocks **back** one hour before going to bed on Saturday night, November 4, 2017.

## **ALL LEAGUE VOLLEYBALL**

Congratulations to Brittany MacLean on being named to the All-League First Team and Karlie Strutt on honorable Mention. Great Job to all members of the volleyball team on their season.

## **ALL LEAGUE CROSS COUNTRY**

Congratulations to Jama Gleue on being named to the All-League First Team for Cross Country. Great Job to all members of the cross country team on their season.

**HEALTHY BEHAVIORS** – One in 3 children in the United States are overweight or obese. Here are some health-conscious actions:

Get active outside, Walk around the neighborhood, go on a bike ride or play basketball at the park.

Limit Screen time – Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day

Make Healthy meals. Buy and serve more vegetables, fruits and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.

A healthy breakfast is a must for kids. Skip it and your kids will be playing nutritional catch-up for the rest of the day.

## **BUFFER WEEK for High School Sports – November 6 – November 10**

### **MONDAY NOV. 6:**

**BREAKFAST:** Whole Grain Cereal, String cheese, Fresh Orange, Juice Choice, Milk Choice

**LUNCH:** Pig in a Blanket, Roasted Potatoes, Broccoli/Cheese Sauce, Applesauce, Milk Choice

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

FFA Leadership School @Salina, 3:30pm, bus leaves at 2PM

Scholars Bowl @Lincoln, 4pm, bus leaves at 2:05

JH Girls BB @Minneapolis, 4:30pm, bus leaves at 2:30PM

½ B, A (order of games)

JH Guys BB vs. Minneapolis, HERE, 4:30pm, EAST

C, B,A (order of games)

Play Tech Rehearsal, 5:30pm

**EAST:**

ACT Aspire Tests, Grades 3-4

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

**TUESDAY NOV. 7:**

**BREAKFAST:** Pancake Bites, Syrup, Fruit Cocktail, Juice choice, Milk Choice  
**LUNCH:** Chicken Crispito, Spanish Brown Rice, Romaine Lettuce, Sliced Tomato, Sliced Fresh Zucchini, Tropical Fruit, Oatmeal Cookie (6-12), Milk Choice  
**ACTIVITIES:** **RC JR/SR HS:** Activity Period – HS STUCO  
JH Girls BB vs. Rock Hills, 5pm at EAST ELEMENTARY  
JH Boys BB vs. Rock Hills, following girl's game  
Play Tech Rehearsal, 5:30pm  
HS Winter Sports Meeting for Parents/Athletes, 6pm  
**EAST:** ACT Aspire Tests, Grades 3-4  
Belleville After School Program – 3:20 – 5:30pm

**WEDNESDAY NOV. 8:**

**BREAKFAST:** Biscuit & Gravy, Fresh Banana, Juice Choice, Milk Choice  
**LUNCH:** Spaghetti w/Meat Sauce, Garlic Bread, Garden Salad, Green Beans, Mandarin Oranges, Milk Choice  
**ACTIVITIES:** **BOE:** D-Silt @District office, 4pm  
**RC JR/SR HS:** Activity Period – FFA  
7<sup>th</sup> Grade Book Relays – Belleville Public Library, 8:10-9am  
**EAST:** ACT Aspire Tests, Grades 3-4  
Belleville After School Program – 3:20 – 5:30pm

**THURSDAY NOV. 9:**

**BREAKFAST:** Whole Grain Muffin, Tropical Fruit, Juice Choice, Milk Choice  
**LUNCH:** Turkey & Cheese Sub, Whole Grain Roll, Oven Baked Fries, Fresh Baby Carrots, Fresh Fruit, Milk Choice  
**ACTIVITIES:** **RC JR/SR HS:** Activity Period – KAYS  
FHSU Math Relays @Hays, 9am, bus leaves at 6am  
JH Girls BB vs. Pike Valley, 5pm at EAST ELEMENTARY  
JH Boys BB vs. Pike Valley, following girl's game  
Play Tech Rehearsal, 5:30pm  
FLBA students leave at 5:30pm for National Fall Leadership Conference  
**EAST:** ACT Aspire Tests, Grades 3-4  
Belleville After School Program – 3:20 – 5:30pm

**FRIDAY NOV. 10:**

**BREAKFAST:** Sausage Breakfast Sandwich, Pineapple, Juice Choice, Milk Choice  
**LUNCH:** Taco Salad, Tortilla Chips, Red Pepper Strips/Ranch, Refried Beans, Romaine Lettuce, Fruit Cocktail, Cinnamon Puff (6-12), Milk Choice  
**ACTIVITIES:** **RC JR/SR HS:** Activity Period – BAG  
8<sup>th</sup> Grade Book Relays – Belleville Public Library – 8:10-9am  
FBLA National Fall Leadership Conference @St. Louis  
"BAG" Play Production, "Arsenic and Old Lace", 7pm  
**EAST:** ACT Aspire Tests, Grades 3-4  
5<sup>th</sup> Grade Veteran's Program @Blair Theatre, 10am  
Follow the Tuesday/Thursday schedule today  
Belleville After School Program – 3:20 – 5:30pm

**SATURDAY, NOV. 11:**

**ACTIVITIES:** **RC JR/SR HS:** Veterans Day Parade, 10am, downtown Belleville  
FBLA National Fall Leadership Conference @St. Louis  
"BAG" Play Production, "Arsenic and Old Lace", 7pm

**SUNDAY, NOV. 12:**

**ACTIVITIES:** **RC JR/SR HS:** Students return from FBLA National Conference at approximately 5:30pm

**MONDAY, NOV. 13:**

**BREAKFAST:** Pancakes, Sausage Patty, Mandarin Oranges, Juice Choice, Milk Choice  
**LUNCH:** Biscuits & Gravy, Sausage Patty (6-12), Fresh Sugar Snap Peas, Hash Brown Pattie, Tropical Fruit, Milk Choice  
**ACTIVITIES:** **BOE:** **Board of Education Meeting @District office, 7:30pm**  
**RC JR/SR HS:** Activity Period – Scholar's Bowl  
First Day of Winter Sport's practice for High School sports  
JV Scholars Bowl, HERE, 4pm  
JH Girls BB @Washington, 5:15pm, bus leaves at 3:30pm  
JH Boys BB @Washington, 5:15pm, bus leaves at 3:30pm  
**EAST:** Belleville After School Program – 3:20 – 5:30pm

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