

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

NOVEMBER 9 – 16, 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 – Eat a Healthy Diet – Wear Sunscreen** – Getting just one bad sunburn as a child or teenager increases your risk of getting skin cancer as an adult.

**FALL BUFFER WEEK – High School sports – Monday – November 9 – Sunday – November 15.**

**STATE CROSS COUNTRY – Congratulations to the Republic County Men’s team. They placed 5<sup>th</sup> at State on Saturday, October 31. Great Job !!!**

**REMINDER – All events on the calendar are subject to change**

**MONDAY, NOV. 9:**

**BREAKFAST:** Pancake Bites, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Hot Option – Chicken Nuggets with Italian Bread, Mashed Potatoes with Gravy,  
Cold Options – Ham and Cheese Sandwich, Chicken Bacon Ranch Salad,  
**SIDES – Fresh Garden Salad, Chilled Fruit, Milk**

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

**RC JR/SR HS: Activity Period – KAYS**

High school Boys Basketball/Parent Meeting – 6pm, old gym

Wrestling Parent Meeting – 7pm, new gym

KIDS Wrestling Parent Meeting – 8pm, new gym

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

**TUESDAY, NOV. 10:**

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

**LUNCH:** Hot Option – Corn Dog, Baked Beans, Glazed Carrots – Cold Option – Turkey Salad  
Sandwich, Chicken Bacon Ranch Salad – **SIDES – Fresh Garden Salad, Chilled  
Fruit, Milk**

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

FFA picture during Seminar

JH Girls BB vs. Rock Hills, HERE, 5:30pm

JH Boys BB vs. Rock Hills, HERE, 5:30pm

(both games will be held in gymnasiums at the Jr/Sr HS)

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

**WEDNESDAY, NOV. 11:**

**BREAKFAST:** French Toast Casserole, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Hot Option – Chicken Patty with Mashed Potatoes with Gravy, Hot Roll, Cold Options  
Italian Sub, Chicken Caesar Salad with Hot Roll, Baby Carrots – **SIDES – Fresh  
Garden Salad, Chilled Fruit, Milk**

**ACTIVITIES: RC JR/SR HS: Activity Period – Scholars Bowl**

Winter Booster Board Meeting, Library, 6pm

Veterans Day PARADE – (HAS BEEN CANCELLED)

**EAST: 5<sup>th</sup> Grade Veterans Program @East Elementary, 9:30am**

**(by invitation only) – Watch for updates**

Veterans Day PARADE – (HAS BEEN CANCELLED)

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

### **THURSDAY, NOV. 12:**

**BREAKFAST:** Mini Pancakes, Cereal with Cheese Stick, Chilled Fruit, Fruit Juice, Milk  
**LUNCH:** Hot Option – Hot Club Sandwich, Tater Tots, Green Beans – Cold Option – East – Nacho Munchable – Jr/Sr HS – Tuna Salad Sandwich – Cobb Salad, Fresh Cauliflowers – SIDES – Fresh Garden Salad, Chilled Fruit, Milk  
**ACTIVITIES: RC JR/SR HS:** Activity Period – FBLA  
JH Girls BB vs. Pike Valley, HERE, 5:30pm  
JH Boys BB vs. Pike Valley, HERE, 5:30pm  
(both games will be held in gymnasiums at the Jr/Sr HS)  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

### **FRIDAY, NOV. 13:**

**BREAKFAST:** Biscuits and Gravy with Sausage, Cereal with Muffin Square – Chilled Fruit Fruit Juice, Milk  
**LUNCH:** Hot Option – Italian Pizza, Steamed Broccoli – Cold Option – Peanut Butter and Jelly Sandwich with Yogurt, Mandarin Orange Chicken Salad SIDES – Fresh Garden Salad, Chilled Fruit, Milk  
**ACTIVITIES: RC JR/SR HS:** Activity Period – Spanish Club/JH Stuco  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
Follow the Tuesday B Schedule

### **MONDAY, NOV. 16:**

**BREAKFAST:** Sausage Pancake on a Stick, Cereal with Muffin Square, Chilled Fruit, Fresh Fruit, Milk  
**LUNCH:** Hot Option – Grilled Ham and Cheese Sandwich, Cheesy Cauliflower, Green Beans, Cold Option East – Pizza Munchables – Jr/Sr HS – Egg Salad Sandwich, Italian Chef Salad, SIDES – Fresh Garden Salad, Chilled Fruit, Milk  
**ACTIVITIES: RC JR/SR HS:** Activity Period – Art Club  
First Day Winter Sports Practice  
FFA Leadership School -- Virtual  
JH Boys & Girls BB vs Washington County, 4:30pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

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

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- (1) Mail: U.S. Department of Agriculture  
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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