

**REPUBLIC COUNTY U.S.D. NO. 109**  
**BREAKFAST AND LUNCH MENUS AND ACTIVITIES**  
NOVEMBER 2 – 9, 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 –Brush and Floss your teeth** – Make it a habit now, and prevent tooth and gum problems in adulthood.

**Daylight Saving time ends** – Don't forget to turn your clocks **back** one hour before going to bed on Saturday night, October 31, 2020.

**RCHS FOOTBALL** – The RCHS football team will be back in action on Friday, October 30. The game will be played at 7pm at Silver Lake. Good Luck!!! Reminder to fans the number will be limited. Each player was given 6 tickets to give to fans. You must have a ticket to be admitted. Reminder you will still have to pay the admission fee and have the ticket to be admitted. With a win the team will be in action next Friday, November 6.

**RCHS Cross Country, Saturday, October 31 at Victoria** – The Guys Buffalo team placed 1<sup>st</sup> at Regional and will be competing at the State meet on Saturday. The guys will be running at 9:30am. Reminder the state meet will be held at Victoria this year.

**Cancellations** – Please note that the following activities have been cancelled up to this time. The Scholars Bowl meet on Tuesday, November 3<sup>rd</sup> at Minneapolis. The Kays Regional Conference at Wamego was cancelled on Friday, November 6<sup>th</sup>. The FBLA National Leadership Conference at Omaha was cancelled. The FHS Math Relays scheduled for Thursday, November 12<sup>th</sup>, as well as the FCA Fall Conference scheduled for Saturday and Sunday, November 14<sup>th</sup> and 15<sup>th</sup>. The JH Pep Rally for November 12<sup>th</sup> and the Show Choir Parent Critique on Tuesday, November 17<sup>th</sup>. The Stuco will not be going to Easton Wednesday, November 18<sup>th</sup>. The NCAA League Vocal clinic for Tuesday, November 23 has been cancelled. Reminder the Play that is listed on the calendar was held earlier on Saturday, October 17<sup>th</sup>.

**MONDAY, NOV. 2:**

**BREAKFAST:** Sausage Biscuit, Cereal with Muffin Square – Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Hot Option – Lasagna Roll Up with Focaccia Bread, steamed Broccoli – Cold Option – East – Pizza Munchables – Jr/Sr HS – Ham and Cheese Wrap – Salad – Italian Chef Salad with Focaccia Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES:** **RC JR/SR HS:** Activity Period –NHS  
FAFSA/ SR Night – Flex Room at Jr/Sr High School – 6:30pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
East PTO, 7pm

**TUESDAY, NOV. 3:**

**BREAKFAST:** Pancake Sausage Griddle, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Hot Option – EAST – BBQ Bacon Wrapped Hot Dog with Tater tots, Glazed Carrots, Jr/Sr HS – BBQ Bacon Wrapped Hot Dog with Mashed Potatoes with Gravy, Glazed Carrots – Cole Option – turkey Club Sub – SALAD – Chicken Bacon Ranch Salad with Italian Bread, Baby Carrots – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES:** **ADM:** **Election Day**  
**RC JR/SR HS:** Activity Period – FCCLA Officers  
Picture Retakes at the Jr/Sr High School building, 8am  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**WEDNESDAY, NOV. 4:**

**BREAKFAST:** Cinnamon Roll, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Hot Option – chicken Patty with Mashed Potatoes with Gravy, Hot Roll – Cold Option – Peanut Butter and Jelly Sandwich with Cheese Stick – SALAD – Chicken Caesar Salad with Hot Roll, Fresh Cauliflowers – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES:** **ADM:** **D-Silt @District office, 4pm**  
**RC JR/SR HS:** Activity Period – FCCLA  
Site Council @RCHS Library, 5pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**THURSDAY, NOV. 5:**

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

**LUNCH:** Hot Option – cheeseburger, Tater Tots, Green Beans – Cold Option – East – Ham and Cheese Roll Up – Jr/Sr HS – Turkey and Cheese Sandwich – SALAD – Cobb Salad with Fruit Muffin, Corn Salad – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – HS Stuco  
JH Girls and Boys BB @Clifton Clyde, 5:45pm, bus leaves at 4pm  
Girls will play games at Clyde at the High School  
Begin 5:45pm – C team full game 4 min quarters  
B team full game, 4 min quarters  
A team full game, 6 min quarters  
Boys will play games at Clifton at the Middle School  
Begin 5:45pm – C team ½ game 6min quarters  
B team – full game 4 min quarters  
A team – full game, 6 min quarters  
FCA @6:15pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**FRIDAY, NOV. 6:**

**BREAKFAST:** Mini Waffles, Cereal with Cheese Stick, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Hot Option – Super Nachos, Refried Beans – Cold Option – Popcorn Chicken Wrap, SALAD – Mandarin Orange Chicken with Italian Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FFA  
Flu Shots by Republic County Health Department, Noon  
RCHS Football playoffs (with a win on Friday, October 31)  
**EAST:** Follow the Monday A Schedule  
Belleville After School Program – 3:30pm – 5:30pm

**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 and Gravy, Cold Option – Ham and Cheese Sandwich – SALAD – Italian Chef Salad With Focaccia Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: ADM: Board of Education Meeting, 7:30pm, district office**  
**RC JR/SR HS:** Activity Period – KAYS  
**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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