

REPUBLIC COUNTY U.S.D. NO. 109

BREAKFAST AND LUNCH MENUS AND ACTIVITIES

NOVEMBER 4 – NOVEMBER 11, 2019

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

Belleville Main Street – Trunk or Treat

The Chamber & Main Street of Belleville will be sponsoring the annual trunk or treat in downtown Belleville on Thursday, October 31, from 4-6pm. Everyone is welcome.

HS Football – Friday, November 1

The Republic County High School Football team will be traveling to Ellis to play football on Friday, November 1st at 7pm. Good luck!! With a WIN the team will be playing again next Friday, November 8th.

HS State Cross Country – Saturday, November 2

The State Meet will be held on Saturday, November 2nd at Wamego. Good luck to Hunter Reynolds and Clint Callaway who will be running in the 2A Boys race at 12:55pm. Good Luck!!

Daylight Savings Time Ends – Don't forget to turn your clocks back one hour before going to bed on Saturday night, November 2.

FUN FACTS ABOUT EXERCISING –

A pound of muscle burns 3 times more calories than a pound of fat – Having more muscle than fat means you can consume more calories.

MONDAY, NOV. 4

BREAKFAST: Pancakes with Syrup, Breakfast Pizza, Cereal, Oatmeal, Yogurt, Fresh Fruit, Fruit Juice, Milk

LUNCH: Corn Dog, Chicken Parmesan Pasta, Strawberry Chicken Salad, Italian Bread,
SIDES – Fresh Garden Salad, Cheesy Cauliflower Popcorn, Fresh Fruit, Peaches, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – FLBA Officers
Apollo Redux Traveling Exhibit - here for several weeks
Play Practice, 7pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

TUESDAY, NOV. 5:

BREAKFAST: Peanut Butter and Jelly Sweet roll, Colby Egg Omelet, Cereal, Oatmeal, and Cinnamon Toast, Fruit Juice, Chilled Fruit, Milk

LUNCH: Tacos, Ham and Cheese Calzone, Taco Salad with Cornbread **SIDES** – Fresh Garden Salad, Texas Pintos, Fresh Fruit, Orange Pineapple Mix, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – FFA Picture/Bufs in Action \$5 dues (6, 7, 8th Grade)
Scholars bowl @Minneapolis, bus leaves at 2:45pm
Play practice, 7pm
(make note no Scholars Bowl Practice or FCA as listed on calendar)
EAST: Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, NOV. 6:

BREAKFAST: French toast with Syrup, Peach Turnover, Cereal, Oatmeal, Yogurt, Fruit Juice, Fresh Fruit, Milk

LUNCH: Chicken Patty, Fish Sticks, Mandarin Orange Chicken Salad with Hot Roll – **SIDES**
Fresh Garden Salad, Mashed Potatoes with Gravy, Corn, Fresh Fruit, Pears, Hot Roll, Milk

ACTIVITIES: ADM: D-SILT @District office, 4pm
RC JR/SR HS: Activity Period FFA
Class ring delivery – 7:30am
Picture retakes at Jr/Sr High School, 9am
Booster Club Winter Board meeting, 6pm
EAST: Picture retakes at East, 9am
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, NOV. 7:

BREAKFAST: Scrambled Eggs, Apple Cinnamon Crumb Cake, Cereal, Oatmeal, Toast, Chilled Fruit, Fruit Juice, Milk

LUNCH: Bacon, Egg and Cheese Flatbread, BBQ Chicken on Bun, Cobb Salad with Blueberry Muffin SIDES – Fresh Garden Salad, French Fries, Fresh Fruit, Applesauce, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – FBLA
Early Dismissal – 12:30pm
Parent/Teacher Conferences – 1:30pm – 8:30pm
Play Practice, 7pm

EAST: **NO Preschool today**
Early Dismissal – 12:30pm
Parent/Teacher Conferences – 1:30pm – 8:30pm
Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, NOV. 8

BREAKFAST: NO SCHOOL

LUNCH: NO SCHOOL

ACTIVITIES: **RC JR/SR HS:** NO SCHOOL
KAYS Regional Conference @Wamego, 8:30am, bus leave 6am
Play practice, 7pm

EAST: NO SCHOOL

SATURDAY, NOV. 9:

ACTIVITIES: **RC JR/SR HS:** Play Production Set Work Day – 8am -12noon
Tech Rehearsal – 1pm – 6pm
FCA Fall Conference @Webster Conference Center, Salina

FALL BUFFER WEEK – November 11th – November 17th

MONDAY, NOV. 11:

BREAKFAST: Breakfast Sliders, Sausage Biscuit, Cereal, Oatmeal, Yogurt, Fresh Fruit, Fruit Juice, Milk

LUNCH: Chicken Strips with Italian Bread, Popcorn Chicken Wrap, Cobb Salad with Blueberry Muffin – SIDES – Lemon Butter Broccoli, Fresh Garden Salad, Fresh Fruit, Mandarin Oranges, Milk

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

RC JR/SR HS: Activity Period – HS Stuco
Veterans Day Parade – Jr High and High School Bands will march
FFA Leadership @Salina, 3:30pm, bus leaves at 2:45pm
JH Boys BB vs. Minneapolis, HERE, 4:30pm
JH Girls BB @Minneapolis, 4:30pm, bus leaves at 2:45pm
Play Tech Rehearsal, 5:30pm

EAST: Veterans Program @Blair Theatre (for Veterans) – 9:30am
Put on by the 5th grade students
5th Grade school performance – 5th Grade parents invited –
Veterans Day Parade, downtown Belleville, 2pm
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.

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