

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
MARCH 9 – MARCH 23, 2020

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

STATE WRESTLING – Congratulations to the RCHS Wrestling team as they placed 3rd in the State on Saturday, February 29. Medal winners were Eyan Zimmerman with 2nd, Kaleb Talkington taking 3rd and Jonathan Dyke and Quinten Beeson finishing in 4th. Other Wrestlers at Hays were, AJ Polansky, Andrew Hubert, Dallas Buss and Kameron Ines. Coach Adam Polansky was named outstanding coach from the Russell Regional. Great job to all the members of the Wrestling team on an outstanding season, along with coaches, Polansky, Wassum and Burke. Looking forward to next season.

SUBSTATE BASKETBALL – Ellis

The RCHS Lady Buffs will be playing on Thursday, March 5, at Ellis in the semi-finals at 6pm. They will be taking on Trego/Wakeeney. With a win by the girls on Thursday they will advance to the finals at 6pm on Saturday, March 7th in Ellis. With a 1st place finish at Sub-State they will advance to the State Tournament at KSU, Manhattan, KS. Their first round game would be on Wednesday, March 11. **GOOD LUCK !!!**

MOVEMENT MELTS AWAY STRESS

As much as it may stress you out just to think about exercising, once you actually start working out, you'll experience less stress in every part of your life. "Exercise produces a relaxation response that serves as a positive distraction," says Cedric Bryant, chief exercise physiologist for the American Council on Exercise. He says it also helps elevate your mood and keep depression at bay.

NATIONAL STRATEGIC SELLING INSTITUTE – Sales

GREAT JOB – Hunter Hartner a Senior participated in this contest and was awarded 1st place. The contest was held at KSU in Manhattan, on Wednesday, February 26.

ENTREPRENEUR CHALLENGE – Halle Hartner and Tate Lapo placed 2nd overall, with T & H Sports Counseling Service – Tobi Wilber, Katrina Ball and Emma Morris were in 3rd with Kansas Crawdads – 4th place went to The Wardrobe created by Alexia Hansen, Heather Hansen and Claire Jensik. Best Tech Company was AIRE created by Cody Gieber, Trevor Martin and Daniel Rieke and Annelise had Best Marketing with Stick with you Stickers. **GREAT JOB** by all the participants.

MONDAY, MARCH 9:

BREAKFAST: Egg, Bacon and Cheese Bagel, Mini Waffles, Cereal, Oatmeal, Yogurt,
Fresh Fruit, Fruit Juice, Milk

LUNCH: East – Grilled cheese Sandwich, Peanut Butter and Jelly, chicken Bacon Ranch
Salad with Focaccia Bread – SIDES – French Fries, Fresh Garden Salad,
Fresh Fruit, Peaches, Milk – OPAA to Go – Club Sandwich – SIDES – Fresh
Garden Salad, Chilled Fruit

Jr/Sr HS – Sweet and Sour Chicken with Rice, Cheeseburger, Chicken Patty on bun
Chicken Bacon Ranch Salad with Focaccia Bread – OPAA to Go – Fried
Chicken Salad Sandwich – SIDES – Fresh Garden Salad, French Fries,
Fresh Fruit, Mandarin Oranges, Milk

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

RC JR/SR HS: Activity Period – NHS Meeting
Sterling College Theatre Workshop – Sterling, KS, bus leaves 6am
1st day of Junior High Track practice
JH Track Parent Meeting – 5:30pm, library

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

TUESDAY, MARCH 10:

BREAKFAST: French Toast Sticks, Fruit and Yogurt Parfait with Chocolate Chip Muffin, Cereal, Oatmeal, Cinnamon Toast, Fruit Juice, Chilled Fruit, Milk

LUNCH: East – BBQ Rib on bun, roast Beef Melt, Cobb Salad with blueberry muffin – SIDES – Texas Pintos, Fresh Garden Salad, Fresh Fruit, Orange Pineapple Mix – OPAA To Go – Turkey and Cheese Sandwich – SIDES – Fresh Garden Salad, Chilled Fruit
Jr/Sr HS – Mozzarella Dunkers, Corn dog, Chicken Strips with Italian Bread, Cobb Salad With Blueberry Muffin – OPAA to Go – Cheesy Chicken Caesar Sandwich, SIDES – Fresh Garden Salad, Texas Pintos, Fresh Fruit, Orange Pineapple Mix, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Junior Class Prom
HS Track Parent Meeting – 5:30pm, library
FCA Meeting after sports practice, 6:15pm
5th/6th Grade Concert @East Gym @7pm
EAST: Belleville After School Program – 3:30pm – 5:30pm
5th/6th Grade Concert @East Gym @7pm

WEDNESDAY, MARCH 11:

BREAKFAST: Blueberry Sweet Roll, Breakfast Burrito, Cereal, Oatmeal, Yogurt, Fruit Juice, Fresh Fruit, Milk

LUNCH: East – Chicken Patty, Macaroni and Cheese, chicken Caesar Salad – SIDES – Mashed Potatoes with Gravy, Glazed Carrots, Fresh Fruit, Pears, Hot Roll, Milk – OPAA to Go – Crispy Chicken Wrap – SIDES – Fresh Garden Salad, Chilled Fruit
Jr/Sr HS – Chicken Patty with Hot Roll, Chicken Nuggets with Italian Bread, BBQ Rib On Bun, Chicken Caesar Salad with Hot Roll, OPAA to Go – Crispy Chicken Wrap – SIDES – Fresh Garden Salad, Mashed Potatoes with Gravy, Glazed Carrots, Fresh Fruit, Peaches, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Science Club
Booster Club Meeting, 6pm, library
EAST: Belleville After School Program – 3:30pm – 5:30pm
STATE BB begins – Manhattan, KS – 1st round girl's games
(if girls place first in Sub State they will playing)
MTSS/BLT Meeting @East, 3:45pm

THURSDAY, MARCH 12:

BREAKFAST: Bacon, Egg and Cheese Bake, Peach Turnover, Cereal, Oatmeal, Toast, Chilled Fruit, Fruit Juice, Milk

LUNCH: East - Chicken Nuggets, Ham and Cheese Sandwich, Italian Chef Salad, with Focaccia Bread – SIDES – Fresh Garden Salad, Corn, Fresh Fruit, Applesauce – OPAA To Go – Peanut Butter and Jelly Sandwich with Yogurt – SIDES – Fresh Garden Salad, Chilled Fruit
Jr/Sr HS – Bacon Cheeseburger Nachos, Cheeseburger, Hot Dog on Bun, Italian Chef Salad with Focaccia Bread – OPAA to Go – Buffalo Chicken Wrap – SIDES Fresh Garden Salad, corn, Fresh Fruit, Applesauce, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – CFL Entries
End 3rd Quarter
STATE BB – Manhattan, KS
EAST: Belleville After School Program – 3:30pm – 5:30pm
End 3rd Quarter

FRIDAY, MARCH 13:

BREAKFAST: NO SCHOOL

LUNCH: NO SCHOOL

ACTIVITIES: RC JR/SR HS: Activity Period – NO SCHOOL
In-Service/Collaboration
STATE BB – Manhattan, KS, semi finals
EAST: NO SCHOOL
In-Service/Collaboration

SPRING BREAK – Monday March 16 – Friday, March 20, 2020

Reminder – School offices and Board of Education office are closed during Spring Break.

SATURDAY, MARCH 21:

CFL Qualifier at Junction City
Art Show @ Washington
FFA Leadership Lab @ Junction City

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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.

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