

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

**MARCH 4 – MARCH 11, 2019**

**FOOD SERVICE – Reminder your child has a choice of 3 entrees each day.**  
**Milk is also available with each meal.**

**SUB-STATE BASKETBALL – Valley Heights High School**

The RCHS Boys basketball team will be playing at 7:30pm against Valley Heights at Valley Heights on Thursday, February 28. With a WIN on Thursday they will be playing in the finals of Sub-State at 7:30pm on Saturday, March 2<sup>nd</sup>. With a Sub-State Championship they will advance to the State Tournament at FHSU in Hays Kansas. The first round of play would be Wednesday, March 6. GOOD LUCK – Go Buffs !!!

Youth Entrepreneurship Challenge – “**Shark Tank Meets Science Fair**” -- The Republic County Economic Development program will be hosting the 3<sup>rd</sup> annual, YEC business plan competition at Republic County High School on Tuesday, March 5. Students from Republic County Schools and Pike Valley will be competing for \$1,750+ in cash prizes and a chance to go on to the State YEC at KSU. Teams are judged on three items: a business plan, trade show booth, and four minute pitch.

**Tip for healthy diet –**

Eat the right amount of calories. Eating the right amount of calories for how active you are is key. You need to balance the energy you consume with the energy you use. If you eat or drink too much, you'll put on weight. If you eat and drink too little, you'll lose weight. Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.

**STATE WRESTLING** – Congratulations to Eyann Zimmerman on placing 2<sup>nd</sup> at State and Kaleb Talkington for taking 5<sup>th</sup> place. We would also like to congratulate the other state qualifiers, Mason Simmons, Jonathan Dyke and Andrew Hubert. Coaches are Adam Polansky and Joston Wassom. Great Job by all the wrestlers this season!!

**NATIONAL SCHOOL BREAKFAST WEEK – March 4 – March 8**

**MONDAY, MARCH 4:**

**BREAKFAST:** Egg, Bacon, and Cheese Bagel, Breakfast Pizza, Cereal, Oatmeal, Yogurt, Fresh Fruit

**LUNCH:** Corn Dog or Chicken Nachos with White Queso – Entrée Salad – Taco Salad,  
Cornbread – SIDES – Fresh Garden Salad, Texas Pintos,  
Mandarin Oranges

**ACTIVITIES: RC JR/SR HS:** Activity Period – Science Club

1<sup>st</sup> Day of HS Track practice

Stuco speeches and elections, 3<sup>rd</sup> Hour, gymnasium

JH Scholars Bowl @ Southeast of Saline, 3:30pm, bus leaves at 1:45pm

**EAST:** Pre K-5 -- PTO Meeting, 7pm

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

**TUESDAY, MARCH 5:**

**BREAKFAST:** King Cake Cinnamon Roll, Fruit and Yogurt Parfait with Fruit Muffin, Cereal, Oatmeal, Cinnamon Toast, Chilled Fruit

**LUNCH:** BBQ Rib on Bun or Meatball Sub, French Fries – Entrée Salad – Cobb Salad, Blueberry Muffin – SIDES – Fresh Garden Salad, Banana Orange Mix

**ACTIVITIES: RC JR/SR HS:** Activity Period – NHS  
Sophomores to CCCC for tour – 8am – 1pm  
Spring Booster Club Meeting was moved to tonight at 6pm  
Entrepreneurship Challenge – RCHS Gym, 2:30pm  
6-7:30pm, Jr/Sr HS  
5<sup>th</sup> & 6<sup>th</sup> Grade Music Concert @East Elementary, 7pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
5<sup>th</sup> & 6<sup>th</sup> Grade Music Concert @East Elementary, 7pm

**WEDNESDAY, MARCH 6:**

**BREAKFAST:** French toast Sticks with Syrup, Breakfast Burrito, Cereal, Oatmeal, Yogurt, Fresh Fruit

**LUNCH:** Fish Patty or Meatloaf – Entrée Salad – Chicken Caesar Salad, Hot Rolls – SIDES – Mashed Potatoes with Gravy, Glazed Carrots, Peaches, Hot rolls

**ACTIVITIES: RC JR/SR HS:** Activity Period – HS Stuco  
FFA Judging @Riley County (rescheduled from Jan. 30<sup>th</sup>)  
Bus leaves at 7am  
New student pictures – taken @East – 9am  
State BB @FHSU, Hays, Kansas  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**THURSDAY, MARCH 7:**

**BREAKFAST:** Scrambled Eggs, Banana Chocolate Chip Breakfast Cookie, Cereal, Oatmeal, Toast with margarine and Jelly, Chilled Fruit

**LUNCH:** Hamburger Mac and Cheese with Italian Bread or Krispito – Entrée Salad – Italian Chef Salad, Italian Bread – SIDES – Fresh Garden Salad, Corn, Applesauce

**ACTIVITIES: RC JR/SR HS:** Activity Period – FFA/JH Stuco  
JH Scholars' Bowl at Pike Valley, 4pm, bus leaves at 3:10pm  
(this is rescheduled from February 19<sup>th</sup>)  
End of 3<sup>rd</sup> Quarter  
FCA @6pm, Room 100  
State BB @FHSU, Hays, Kansas  
**EAST:** End of 3<sup>rd</sup> Quarter  
Belleville After School Program

**FRIDAY, MARCH 8:**

**BREAKFAST: NO SCHOOL**

**LUNCH: NO SCHOOL**

**ACTIVITIES: RC JR/SR HS: NO SCHOOL**  
½ day Collaboration/1/2 day Work Time  
State BB @FHSU, Hays, Kansas  
**EAST: NO SCHOOL**  
½ day Collaboration, ½ day Work Time

**DAYLIGHT SAVINGS TIME BEGINS – SPRING FORWARD**

**Be sure and turn your clocks forward 1 hour, before going to bed on Saturday night, March 9<sup>th</sup>.**

**SUNDAY, MARCH 10 – SATURDAY, MARCH 16:**

**Cuba Rock-A-Thon**

**NO SCHOOL – Monday, March 11 – Friday, March 15 – SPRING BREAK**

Monday – March 11<sup>th</sup> – JH Track practice starts but is **NOT** mandatory, 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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