

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

MARCH 5, 2018 – MARCH 12, 2018

All Grades 6-12 have a Fruit Choice and Garden Salad Bar with lunch

CHOICE -- Peanut/Butter/Jelly Sandwich

NUTRITION TIP:

How does School Breakfast help Families?

Fuels Learning – Kids and teens can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.

Provides better nutrition – Studies show that people who eat breakfast have higher intakes of dietary fiber, B vitamins, calcium, iron and other nutrients.

Saves time – School breakfast can simplify mornings for families by offering kids and teens healthy options that fit into their schedule.

SUB STATE BASKETBALL -- HERE

The RCHS Boys basketball team has advanced to the Sub-State Semi-Finals. They will be playing Bennington in the 2nd game of the night at approximately 7:30pm on Friday, March 2nd, here at the Jr/Sr High School. With a Win on Friday they will advance to the Finals on Saturday evening. Let's get out and show our support. Go Buffs!!

Reminder – the Sub State is a KSHSAA sponsored activity – NO PASSES are allowed. You must be listed on the pass gate list to be admitted free.

Other Sub-State Games

Thursday – March 1 – Girls Games

6pm – Valley Heights vs. Solomon 7:30pm – Smith Center vs. Bennington

Friday – March 2 – Boys Games

6pm – Sacred Heart vs. Smith Center 7:30pm – Bennington vs. Republic County

Saturday March 3

6pm – Girls Finals 7:30pm – Boys Finals

DAYLIGHT SAVING TIME BEGINS – Reminder to turn your clocks FORWARD one hour before going to bed on Saturday night, March 10th.

MONDAY MARCH 5:

BREAKFAST: Mini Waffles, Pineapple, Juice Choice, Milk Choice

LUNCH: Chicken & Noodles, Whole Grain Roll (6-12), Mashed Potatoes,
Fresh Baby Carrots, Fresh Grapes, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – Science Club
Entrepreneurship Challenge, Pike Valley High School, Scandia,
Set up at 3:30pm, begins at 6pm
Junior High Scholars Bowl @Southeast of Saline, 4pm
Bus leaves at 2pm

EAST: 5th & 6th Grade Music Practice
3rd & 4th Grade Music Practice
Belleville After School Program – 3:20 – 5:30pm

CHANGE TO CALENDAR –
3rd & 4th Grade Music Program –
7pm, East Elementary

TUESDAY MARCH 6:

BREAKFAST: Breakfast Taco, Tomato Salsa, Sliced Pears, Juice Choice, Milk Choice

LUNCH: Super Nachos, Tortilla Chips, Red Bell Pepper Strips, Refried Beans,
Romaine Lettuce, Fresh Fruit, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – NHS
5th & 6th Grade Music Program – 7pm, East Elementary Gym
EAST: 5th & 6th Grade Music Practice
Belleville After School Program – 3:20 – 5:30pm
5th & 6th Grade Music Program – 7pm, East Elementary Gym

WEDNESDAY MARCH 7:

BREAKFAST: Mini Pancakes, Sausage Patty, Tropical Fruit, Juice Choice, Milk Choice

LUNCH: Pig in a Blanket, Roasted Baked Potatoes, Broccoli with Cheese Sauce,
Fresh Apple, Milk Choice

ACTIVITIES: ADM: PDC Meeting @East Computer Lab, 3:45pm
RC JR/SR HS: Activity Period – HS Stuco
Josten's Delivery for Seniors – 10:45am, Library
Junior High Cheer Clinic for tryouts – 6-7:30am
STATE Basketball
EAST: Belleville After School Program – 3:20 – 5:30pm

THURSDAY MARCH 8:

BREAKFAST: Whole Grain Bagel with Toppings, Strawberries, Juice Choice, Milk Choice

LUNCH: Spaghetti, Garlic Bread, Garden Salad, Green Beans, Mandarin Orange, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – FFA/JH Stuco
End 3rd Quarter
FCA following sports practice, room 100, 6:15pm
STATE Basketball
EAST: Belleville After School Program – 3:20 – 5:30pm
End 3rd Quarter

FRIDAY MARCH 9:

BREAKFAST: NO SCHOOL

LUNCH: NO SCHOOL

ACTIVITIES: RC JR/SR HS: Activity Period – **NO SCHOOL**
Collaboration/Work day
STATE Basketball
EAST: NO SCHOOL
Collaboration/Work day

SATURDAY, MARCH 10:

ACTIVITIES: ADM: Daylight Saving Time BEGINS – Don't forget to
Turn your clocks FORWARD one hour before going to bed
On Saturday evening
RC JR/SR HS: JH cheer Tryouts – 9 – 11am, Jr/Sr HS Cafeteria
HS Forensics Tourney @Sacred Heart, 8am, bus leaves at 6:15am
STATE Basketball

MONDAY, MARCH 12:

BREAKFAST: Whole Grain Cereal, Yogurt Cup, Fresh Apple, Juice Choice, Milk Choice

LUNCH: White Chicken Chili, Cornbread Muffin, Cherry Tomatoes, Cucumber Slices,
Fresh Banana, Milk Choice

ACTIVITIES: ADM: Board of Education Meeting, 7:30pm, District office
RC JR/SR HS: Activity Period – NHS Induction Practice
1st day of Junior High Track Practice
NHS Induction @Jr/Sr HS Cafeteria, 7pm
EAST: Belleville After School Program – 3:20 – 5:30pm

USDA is an equal opportunity provider and employer.

REMINDER – MENUS & EVENTS are subject to change.

USD #109 is an equal opportunity employer. USD #109 does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or policies.

NON DISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices and employees and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online at: http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410:

Fax: (202- 690-7442; or

Email: program.intake@usda.gov.

This institution is an equal opportunity provider