

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

JANUARY 8 – JANUARY 15, 2018

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

CHOICE for Lunch -- Peanut/Butter/Jelly Sandwich

KIDS and Food: TIPS for Parents

Parents control the supply lines. You decide which foods to buy and when to serve them. Though kids will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.

MONDAY JAN. 8:

BREAKFAST: Whole Grain Cereal, Sausage Patty, Sliced Pears, Juice Choice, Milk Choice
LUNCH: Mini Meatball Sub, Oven Baked Fries, Tossed Salad, Sliced Peaches, Milk Choice
ACTIVITIES: **ADM:** Board of Education Meeting, 7:30pm, at Jr/Sr High School
RC JR/SR HS: Activity Period – OPEN
JV Scholars Bowl @Clifton/Clyde, bus leaves 2:35pm
FCA following sports practice at 6:15pm, room 100
Junior Class Parent Meeting – 6pm, Jr/Sr High School library
EAST: Belleville After School Program – 3:20 – 5:30pm

TUESDAY JAN. 9:

BREAKFAST: Biscuits & Gravy, Mandarin Oranges, Juice Choice, Milk Choice
LUNCH: Biscuit & Gravy, Sausage Patty (6-12), Fresh Sugar Snap Peas, Hash Brown Potatoes, Fresh Apple, Milk Choice
ACTIVITIES: **RC JR/SR HS:** Activity Period – FCCLA
HS BB @Sacred Heart, 4:30pm bus leaves at 2:45pm
Order of games – Sacred Heart HS – 4:30pm, JV Girls,
Followed by Varsity Girls, Varsity Guys
St. Mary's Grade School, 4:30pm, JV Guys, 5:45pm C Guys,
Followed by 2 quarters of C Girls
EAST: Belleville After School Program – 3:20 – 5:30pm

WEDNESDAY JAN. 10:

BREAKFAST: Kansas Granola Bar, Apricot Halves, Juice Choice, Milk Choice
LUNCH: Cheese Pizza, Broccoli Florets, Red Pepper Strips, Fresh Fruit, Cup, Milk Choice
ACTIVITIES: **ADM:** D-SILT @BOE, 4pm
RC JR/SR HS: Activity Period – FFA Officers
EAST: Belleville After School Program – 3:20 – 5:30pm

THURSDAY JAN. 11:

BREAKFAST: Chicken Biscuit Sandwich, Fresh Mixed Fruit Cup, Juice Choice, Milk Choice
LUNCH: White Chicken Chili, Cornbread Muffin, Cherry Tomatoes, Cucumbers, Fresh Banana, Milk Choice
ACTIVITIES: **RC JR/SR HS:** Activity Period – FFA/JH Stuco
PBI – 6th Hour
Scholars Bowl @SES, 4pm, bus leaves at 3pm
JH Boys games @Beloit, 4:30pm, bus leaves at 3pm
(This was added to the calendar)
EAST: Belleville After School Program – 3:20 – 5:30pm

FRIDAY JAN. 12:

BREAKFAST: Pancake on a Stick, Strawberries, Juice Choice, Milk Choice

LUNCH: Chicken Drumsticks, Whole Grain Roll, Baked Beans, Creamy Coleslaw,
Fresh Baby Carrots, Tropical Fruit, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – FBLA Officers
HS Wrestling @Superior, 4pm, bus leaves at 12pm
HS BB @SES, 4:30pm, bus leaves 2:30pm
Downstairs Gym, 4:30pm, JV Guys
Followed by Varsity Girls, followed by Varsity Guys
Elementary Gym will have “C” boys at 6pm
Followed by JV Girls

EAST: Follow the Tuesday/Thursday schedule today
East Spelling Bee, Gym
Belleville After School Program – 3:20 – 5:30pm

SATURDAY, JAN. 13:

ACTIVITIES: RC JR/SR HS: HS Wrestling @Marysville, 9am, bus leaves at 7am

SUNDAY, JAN. 14:

ACTIVITIES: RC JR/SR HS: Open Gym 1-3pm

MONDAY, JAN. 15:

BREAKFAST: NO SCHOOL -- INSERVICE

LUNCH: NO SCHOOL -- INSERVICE

ACTIVITIES: RC JR/SR HS: NO SCHOOL -- INSERVICE
JH Boys Basketball vs. Concordia, HERE, 4:30pm

EAST: NO SCHOOL -- INSERVICE

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REMINDER – MENUS & EVENTS are subject to change.

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