

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

JANUARY 9 – JANUARY 17, 2016
All Grades 6-12 have a Fruit Choice and Salad Bar with lunch

MONDAY JAN. 9:

BREAKFAST: Whole Grain Cereal, String Cheese, Fresh Oranges, Juice Choice, Milk Choice
LUNCH: Pepperoni Pizza, Broccoli, Baby Carrots, Citrus Fruit Cup, Milk Choice
ACTIVITIES: ADM: Board of Education Meeting, 7:30pm, district office
RC JR/SR HS: Activity Period – JH STUCO
JV Scholars Bowl at Clifton/Clyde, 4pm, bus leaves at 2:40pm
EAST: Belleville After School Program – 3:20 – 5:30pm

TUESDAY JAN. 10:

BREAKFAST: Pancake on a Stick, Fruit Cocktail, Juice Choice, Milk Choice
LUNCH: Mini Meatball Sub, Potato Wedges, Tossed Salad, Peaches, Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period –FCCLA
JH “Singers” practice, 7:45am, vocal room
HS BB vs. Sacred heart, HERE
JV girls 4:30pm at Jr/Sr HS,
Followed by Varsity Girls 6pm, then Varsity Guys
EAST: Belleville After School Program – 3:20 – 5:30pm
HS BB vs. Sacred Heart, HERE
JV Guys at 4:30pm, at East, followed by “C” team

WEDNESDAY JAN. 11:

BREAKFAST: Biscuit & Gravy, Pineapple Chunks, Juice Choice, Milk Choice
LUNCH: BBQ Chicken, Whole Wheat Roll, Baked Beans, Cole Slaw, Baby Carrots,
Apricots, Milk Choice
ACTIVITIES: ADM: D-Silt @District office, 4pm
RC JR/SR HS: Activity Period –FFA Officers
JH “Singers” practice, 7:45am, vocal room
Legislature Citizenship Day @Topeka, 8am
EAST: Belleville After School Program – 3:20 – 5:30pm

THURSDAY JAN 12:

BREAKFAST: Sausage Breakfast Sandwich, Tropical Fruit, Juice Choice, Milk Choice
LUNCH: Beirock Wrap, Sweet Potato Fries, Cucumber Slices, Banana, Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period – FFA
PBI – 6th Hour
Scholars bowl @Washington, 4pm, bus leaves at 3pm
FCA following sports practice, 6:15pm, room 100
JH BB Tournament, TBA
EAST: Belleville After School Program – 3:20 – 5:30pm

FRIDAY JAN. 13:

BREAKFAST: Whole Grain Muffin, Banana, Juice Choice, Milk Choice
LUNCH: Biscuit & Gravy, Fresh Snap Peas, Hash Brown Patty, Frozen Fruit Cup,
Sausage Patty (6-12), Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period –FBLA Officers
HS Wrestling @Superior, 4pm, bus leaves at 2:15pm
HS BB vs. Southeast of Saline, 4:30pm, HERE
3rd Grade Pen Pal night
JV girls begin at 4:30pm at Jr/Sr High School
followed by Varsity girls at 6pm then Varsity guys
The 3rd grade Pen Pal night will be between the Varsity games
EAST: East Elementary Spelling Bee, East Gym, 10am
Mr. Grove & Mrs. Pierson’s classes, Pen Pal night
between Varsity Games at the Jr/Sr High School
Belleville After School Program – 3:20 – 5:30pm
HS BB vs. Southeast of Saline, 4:30pm, HERE
JV guys begin at 4:30pm at East

SATURDAY, JAN. 14:

ACTIVITIES: RC JR/SR HS: JH League BB @Ellsworth, 10am
HS Wrestling @Marysville, 9am, bus leaves at 6:30am

MONDAY JAN. 16:

BREAKFAST: NO SCHOOL -- Inservice

LUNCH: NO SCHOOL -- Inservice

ACTIVITIES: RC JR/SR HS: JH BB vs. Marysville, 4:30pm, HERE

EAST: NO SCHOOL – Inservice

TUESDAY, JAN. 17

BREAKFAST: Mini Waffles w/Syrup, Pineapple, Juice Choice, Milk Choice

LUNCH: Pork Rib on a Bun, Dark Green Lettuce, Tomato Slice, Sweet Potato Fries,
Apple Crips, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – FBLA

JH “Singers” practice, 7:45am, vocal room

Republic County “Schools” Spelling Bee, 10am, cafeteria

HS BB @Hillsboro Tournament

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.

NUTRITION TIP

DRINK WATER --- Our bodies need water. On a regular day, your child’s body will lose two to three liters of water. Add some physical activity and sweat, and he or she can lose even more. Your first step should be to ensure that your kids are getting their recommended amount of water every day. Keep water handy. If a water bottle is near during playtime, study time and family time, your kids may not wait until they are thirsty to hydrate. And remember that water is found in fruits and vegetables, so by increasing the produce your child consumes, you will be keeping them better hydrated, too.

MARCHING BUFFS

Congratulations to the Republic County High School Band on their outstanding performance at the Fiesta Bowl Parade on Saturday, December 31, 2016. The band came home with a number of awards. GREAT JOB !!!