

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

JANUARY 13 - JANUARY 21, 2020

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

How much exercise is enough?

Parents should make sure that their kids get enough exercise. So, how much is enough? Kids and teens should get 60 minutes or more of moderate to vigorous physical activity daily. Toddlers and preschool children should play actively several times a day. Toddlers should get at least 60 minutes active play every day and preschoolers should have at least 120 minutes active play every day. This time should include planned, adult-led physical activity and instructed active free play. Young children should not be inactive for long periods of time – no more than 1 hour unless they're sleeping. School-age children should not be inactive for periods longer than 2 hours.

**The Jr. High Buffs in Action** group are collecting socks this week for the Belleville Health Care Center. They are looking for warm, loose fitting socks with the rubber grip on the bottom. You can drop your donations off at the high school or bring them to the game on Friday night. They will be collecting them at the High School vs. Ellsworth game on Friday, January 10<sup>th</sup>.

**MONDAY, JAN. 13:**

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

**LUNCH:** EAST – Cheeseburger, Scrambled Eggs with French toast Sticks, Italian Chef Salad – SIDES – Tater Tots, Fresh Garden Salad, Fresh Fruit, Mandarin Oranges, Milk

JR/SR HS – BBQ Pork Nachos, Meatball Sub, Italian Chef Salad with Italian Bread, Chicken Po' Bo – SIDES – Fresh Garden Salad, Bean Soup, Fresh Fruit, Peaches, Milk

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

**RC JR/SR HS:** Activity Period – FCCLA

FBLA District's @Mankato – bus leaves at 7:30am

Jr. High Scholars' Bowl @Minneapolis, bus leaves at 2:45pm

Scholars Bowl Practice, 5:45pm – 7pm (Miss Krotz's room)

JH Parent Wrestling Meeting, 6:30pm - cafeteria

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

**TUESDAY JAN. 14:**

**BREAKFAST:** French toast Sticks, Fruit and Yogurt Parfait with Blueberry Muffin, Oatmeal, Cereal, Cinnamon Toast, Fruit Juice, Chilled Fruit, Milk

**LUNCH:** EAST – Chicken Tacos, Turkey Club Wrap, Chicken Caesar Salad, Blueberry Muffin, SIDES – Fresh Garden Salad, Refried Beans, Fresh Fruit, Cinnamon Apples, Milk

Jr/Sr HS – Pizza Quesadilla, Roasted Chicken Sandwich, Chicken Caesar Salad with Blueberry Muffin, Bacon Turkey Avocado Club – SIDES – Fresh Garden Salad, Tater tots, Fresh Fruit, Orange Pineapple Mix, Milk

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

HS Wrestling @Cloud County, 6pm, bus leaves at 3:30pm

(please note change from Thursday to today)

HS BB @Sacred Heart – 4:30pm, bus leaves at 2:30pm

High School – 4:30pm, JV girls followed by Varsity Girls at 6pm

Then Varsity Boys

St. Mary's Gym – 4:30pm, JV Boys, followed by C Boys, then

2 quarters of C Girls

**EAST:** Hearing & Vision Screening

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

**WEDNESDAY, JAN.15:**

**BREAKFAST:** Cherry Pie Sweet Roll, Breakfast Burrito, Cereal, Oatmeal, Yogurt, Fruit Juice, Fresh Fruit, Milk

**LUNCH:** EAST – Macaroni and Cheese, Chicken Patty, Chicken Bacon Ranch Salad, Hot Roll, SIDES – Mashed Potatoes with Gravy, Green Beans, Fresh Fruit, Pineapple, Hot Roll, Milk

JR/SR HS – Chicken Patty with Hot Roll, Hamburger Stew with Hot Roll, Chicken Bacon Ranch Salad, with hot roll Cheesy Chicken Caesar Sandwich – SIDES – Fresh Garden Salad, Corn, Mashed Potatoes with Gravy, Fresh Fruit, Pears, Milk

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

District School spelling bee – Cafeteria, 9am

**EAST:** District School spelling bee – Jr/Sr HS cafeteria, 9am  
Belleville After School Program – 3:30pm – 5:30pm

**THURSDAY, JAN. 16:**

**BREAKFAST:** Bacon, Egg and Cheese Bake, Blueberry Crumb Cake, Oatmeal, Toast, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** EAST – Gyro, Pepperoni Calzone, Italian Chef Salad, Focaccia Bread – SIDES – Fresh Garden Salad, Lemon Butter Broccoli, Fresh Fruit, Pears, Milk

JR/SR HS --- Smothered Burrito, Korean BBQ Pork Tacos, Taco Salad with Cornbread, Crispy Chicken Wrap – SIDES – Fresh Garden Salad, Cheesy Cauliflower Popcorn, Fresh Fruit, Applesauce, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – BAG

HS Scholars Bowl @Clifton/Clyde, 4pm, bus leaves at 2:44pm

Jr. Class After Prom Meeting @6pm, Jr/Sr HS library

**EAST:** Hearing & Vision Screening

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

**FRIDAY, JAN. 17:**

**BREAKFAST:** Biscuits and Gravy with Sausage, Mini Waffles, Cereal, Oatmeal, Yogurt, Fresh Fruit, Fruit Juice, Milk

**LUNCH:** EAST – Tony’s Pizza, French Dip Sandwich, Cobb Salad, Pineapple Muffin, SIDES – Fresh Garden Salad, Roasted Vegetables, Fresh Fruit, Tropical Fruit, Milk

JR/SR HS – Tony’s Pizza, French Dip, Cobb Salad, Pineapple Muffin – SIDES – Fresh Garden Salad, Roasted Vegetables, Fresh Fruit, Tropical Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FFA

Future City @Lawrence, KS – bus leaves at 12pm

HS Varsity Wrestling @Superior, 4pm, bus leaves at Noon

HS BB @Southeast of Saline, 4:30pm, bus leaves at 2:15pm

Gifted – Future City @Lawrence, bus leaves at Noon

**EAST:** Follow the Monday/Wednesday schedule

Hearing & Vision Screening

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

**SATURDAY, JAN. 18:**

**ACTIVITIES: RC JR/SR HS:** JAM BB --- 8am – Noon, East Elementary Gym

Power Lift tournament, HERE, 9am

JV & Varsity Scholars Bowl @Beloit, bus leaves at 7am

Future City students – return at 6pm

National Western Stock Show – Denver, CO, bus leaves at 2am

**SUNDAY, JAN. 19:**

Open Gym 1-3pm

**MONDAY, JAN. 20:**

**NO SCHOOL – Teachers In-service @Concordia**

Return from Denver – Stock Show @3pm

**TUESDAY, JAN. 21:**

**BREAKFAST:** Cheesy Ham and Egg Casserole, Soft Filled Cereal Bars, Cereal, Oatmeal, Toast, Fruit Juice, Chilled Fruit, Milk

**LUNCH:** EAST -- Jumbo Cheese Ravioli with Italian Bread, Ham & Cheese Pinwheel, Chicken Caesar Salad, Garlic Bread – SIDES – Tater Tots, Fresh Garden Salad, Fresh Fruit, Banana Orange Mix, Milk

JR/SR HS – Cheddar Toni with Garlic Bread – BBQ Pork on Bun – Chicken Caesar Salad with Garlic Bread – Buffalo Chicken Wrap – SIDES – Fresh Garden Salad, Baked Beans, Fresh Fruit, Cinnamon Apples, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS Executive HS BB @Hillsboro

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

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**REMINDER – MENUS & EVENTS are subject to change.**

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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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