

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

JANUARY 22 – JANUARY 29, 2018
All Grades 6-12 have a Fruit Choice and Garden Salad Bar with lunch

CHOICE -- Peanut/Butter/Jelly Sandwich

WELLNESS TIP --

Quit the “Clean-plate” club. Let kids stop eating when they feel they’ve had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn’t help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they’re less likely to overeat.

HILLSBORO TOURNAMENT

Game times for tonight at the tournament. RCHS girls will be playing Riley County at 6pm and the RCHS guys will be playing Riley County at 7:30pm. Both games will be played at Tabor College. Games on Saturday depend on if they WIN or LOSE on Friday. Good Luck to both teams.

MONDAY JAN. 22

BREAKFAST: Whole Grain Cereal, String Cheese, Fresh Orange, Juice Choice, Milk Choice

LUNCH: Popcorn Chicken Red Bell Pepper Strips, Sliced Cucumbers, Sliced Peaches, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – BAG
Sweetheart Candidate Vote – 1st Hour
NCAA League Scholar’s Bowl @Ellsworth, 4pm, bus leaves at 2pm
HS JV Girls tournament @Superior, 6pm
EAST: Health Department Vision and Hearing Screening
Belleville After School Program – 3:20 – 5:30pm

TUESDAY JAN. 23:

BREAKFAST: Pancake on a Stick, Strip, Fruit Cocktail, Juice Choice, Milk Choice

LUNCH: Meatballs, Macaroni & Cheese, Whole Grain Bun with Jelly (6-12), Baked Beans, Fresh Baby Carrots, Apple Salad, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – KAYS
Sweetheart Candidate Final Vote – 1st hour
RCJH Winter Concert, 7pm
EAST: Health Department Vision and Hearing Screening
Belleville After School Program – 3:20 – 5:30pm

WEDNESDAY JAN. 24:

BREAKFAST: Biscuit & Gravy, Fresh Banana, Juice Choice, Milk Choice

LUNCH: Chicken Nuggets, Whole Grain Roll, Mashed Potatoes & Gravy, Tossed Salad, Sliced Pears, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – KAYS Executive
County Wide Spelling Bee, 1pm, Courthouse, Belleville, KS
Students will leave at 12:30pm
EAST: EAST BLT/MTSS Building Meeting, 3:45pm
Belleville After School Program – 3:20 – 5:30pm

THURSDAY JAN. 25:

BREAKFAST: Sausage Breakfast Sandwich, Pineapple, Juice Choice, Milk Choice
LUNCH: Baked Ham, Biscuit with Jelly, Sweet Potatoes Fries, Green Beans, Fresh Fruit,
Honey Apple Crisp (9-12), Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period – Art Club
All-School Geography Bee @RCHS Cafeteria, 9am
RCHS Wrestling @Garden City tomorrow, leave at 2pm
FCA following sports practice @6:15pm, room 100
EAST: Belleville After School Program – 3:20 – 5:30pm

FRIDAY JAN. 26:

BREAKFAST: Whole Grain Muffin, Tropical Fruit, Juice Choice, Milk Choice
LUNCH: Chili, Tortilla Chips (9-12), Red Bell Pepper Strips, Sliced Cucumber
Slices, Sliced Peaches, Cinnamon Roll, Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period – NCH Induction Practice
Ag Ed Symposium @Lawrence, leave @4:30am
HS Wrestling @Garden City, 9am
RCHS Forensics Tournament set up, 7pm
EAST: Follow the Tuesday/Thursday schedule today
Belleville After School Program – 3:20 – 5:30pm

SATURDAY, JAN. 27:

ACTIVITIES: RC JR/SR HS: RCHS Forensics Tournament, 8am
HS Wrestling @Red Cloud, 9:30am, bus leaves at 5am

SUNDAY, JAN. 28:

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

MONDAY, JAN. 29:

BREAKFAST: Mini Waffles, Banana, Juice Choice, Milk Choice
LUNCH: Pig in a Blanket, Roasted Potatoes, Broccoli with Cheese Sauce, Fresh Apple
Slices, Milk Choice
ACTIVITIES: RC JR/SR HS: Activity Period – Class Meetings
FBLA District 5 Conference @Washington, 8:30am,
bus leaves at 7:40am
JH Wrestling Dual, HERE at Jr/Sr HS, 4:30pm
EAST: **Kansas Day**
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