

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

FEBRUARY 24 – MARCH 1, 2020

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

**FFA WEEK – February 22 – February 29, 2020**

**PEO Fundraiser – The PEO will be hosting a supper on Tuesday, February 25, 2020 from 5pm – 7:30pm** in the Jr/Sr High School cafeteria. They will be serving chili, chili dogs, nachos, and homemade cinnamon rolls. This is a free will donation and all proceeds go to scholarships for local high school students. Be sure and get out and show your support and stay to cheer on the Buffalos in their games against Southeast of Saline. This is also Senior Night.

**EAST FAMILY FUN NIGHT** – East will be sponsoring a family fun night on Thursday, February 27, beginning at 6:30pm. Everyone is invited. Come out and enjoy the fun.

**HEALTH & WELLNESS TIP:** Exercise Boosts Brainpower – Not only does exercise improve your body, it helps your mental function, says certified trainer David Atkinson. Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity. “It is clear that those who are active and who exercise are much more productive.

**High School Basketball – Friday, February 21, 2020 vs Sacred Heart, HERE**

High School Gymnasium

Auxiliary Gym (south end of High School)

4:30pm – JV Girls

4:30pm – JV Boys

6pm – Varsity Girls

6pm – ½ C Boys

7:30pm – Varsity Boys

**MONDAY, FEB 24:**

**BREAKFAST:** Pancakes, Breakfast Pizza, Cereal, Oatmeal, Yogurt, Fresh Fruit, Fruit Juice, Milk

**LUNCH:** EAST – Tacos, Tangerine Chicken with Rice, Taco Salad, Cornbread – SIDES – Fresh Garden Salad, Tater Tots, Fresh Fruit, Peaches, Milk – OPAA to GO – Club Sandwich, SIDES – Fresh Garden Salad, Chilled Fruit,  
Jr/Sr HS – BBQ pork Nachos, Meatball sub, Taco with Cornbread – OPAA to GO – Buffalo Chicken Wrap, Chicken Po’ Boy – SIDES – Fresh Garden Salad, Tater Tots, Fresh Fruit, Peaches, Milk

**ACTIVITIES:** **RC JR/SR HS:** Activity Period – Art Club  
Health & Wellness Class -- Field Trip to Courtland, Kansas  
11:15am – 1:45pm  
JH Scholars Bowl @Thayer County. 4pm, bus leaves at 3pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
East Site Council, 5pm

**TUESDAY FEB. 25:**

**BREAKFAST:** King Cake Cinnamon Roll, Colby Egg Omelet, Cereal, Oatmeal, Cinnamon Toast, Fruit Juice, Chilled Fruit, Milk

**LUNCH:** EAST – Corn Dog, Hot Dog, Frito Pie, Italian Chef Salad, Italian Bread – SIDES – Fresh Garden Salad, Honey Baked Beans, Fresh Fruit, Orange Pineapple Mix, Milk  
OPAA to Go – Turkey Jack Sandwich – SIDES – Fresh Garden Salad, Chilled Fruit  
Jr/Sr HS – Pizza Quesadilla, Chicken Po’ Boy Sandwich, Italian Chef Salad with Italian Bread – OPAA to GO – Bacon Turkey Avocado Club, Fried Chicken Salad, Sandwich – SIDES – Fresh Garden Salad, Honey Baked Beans, Fresh Fruit, Orange Pineapple Mix, Milk

**ACTIVITIES:** **RC JR/SR HS:** Activity Period – Potential NHS Inductees  
7<sup>th</sup> Grade Field Trip to Topeka, leave 8am, return approx... 5:30pm  
8<sup>th</sup> Grade Field trip to Abilene, leave 8am return approx., 5:30pm  
9<sup>th</sup> Grade to Salina, KS-State Campus, bus leaves at 7:45am  
10<sup>th</sup> Grade to CCCC, bus leaves at 8am  
11<sup>th</sup> Grade – ACT Tests

HS BB vs. Southeast of Saline, HERE, SENIOR NIGHT  
 Seniors will be introduced between the Varsity Games  
 Jr/Sr High School Gym Auxiliary Gym (south end)  
 4:30pm – JV Girls 4:30pm – JV Boys  
 6pm – Varsity Girls 6pm – ½ C Boys  
 Introduction of seniors – will take about 10 minutes  
 7:30pm – Varsity Boys  
 JH Band will play with HS Pep Band during 1<sup>st</sup> set of game  
 PEO Soup Supper – 5pm – 7:30pm (Jr/Sr HS cafeteria)  
 Chili, Chili Dogs, Nachos, Homemade Cinnamon Rolls  
 (Free will donation)

**EAST:** FFA Pals to 4<sup>th</sup> Grade  
 Belleville After School Program – 3:30pm – 5:30pm

**WEDNESDAY, FEB. 26:**

**BREAKFAST:** French toast Sticks, Egg, Bacon and Cheese Croissant, Cereal, oatmeal, Yogurt,  
 Fruit Juice, Fresh Fruit, milk

**LUNCH:** EAST -- Chicken Patty, BBQ, Fish Sticks, Chicken Caesar Salad, Hot Roll – SIDES  
 Mashed Potatoes, Corn, Fresh Fruit, Pears, Hot Roll, Milk – OPAA to Go –  
 Crispy Chicken Wrap – SIDES – Fresh Garden Salad, Chilled fruit  
 Jr/Sr HS – Chicken Patty with Hot Roll, Hamburger Steak with Hot Roll, Chicken  
 Caesar Salad with Hot Roll – OPAA to Go – Cheesy Chicken Caesar  
 Sandwich, Club Sandwich – SIDES – Fresh Garden Salad, Corn, Mashed  
 Potatoes with Gravy, Fresh Fruit, Pears, Milk

**ACTIVITIES:** **RC JR/SR HS:** Activity Period - Class Meetings  
 FFA District officer Interview/Selection @Minneapolis, 9am,  
 Bus leaves at 7:15am  
 ACT Work Keys, 8am - Noon

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

**THURSDAY, FEB. 27:**

**BREAKFAST:** Scrambled Eggs, Peach Crumb Bars, Cereal, oatmeal, Toast, Chilled Fruit,  
 Fruit Juice, Milk

**LUNCH:** EAST --Peanut Butter and Jelly Sandwich with Yogurt, BBQ Beef on Bun, Cobb Salad,  
 Italian Bread – SIDES – Fresh Garden Salad, Cheesy Cauliflower Popcorn,  
 Fresh Fruit, Applesauce, Milk – OPAA to Go – Peanut Butter and Jelly  
 Sandwich with Yogurt – SIDES – Fresh Garden Salad, Chilled fruit  
 Jr/Sr HS – Smothered burrito, Korean BBQ Pork Tacos, Cobb Salad with Italian Bread,  
 OPAA to Go – Crispy Chicken Wrap, Elvis Burrito with Yogurt – SIDES –  
 Fresh Garden Salad, Buffalo Cauliflower Bites, Fresh Fruit, applesauce, Milk

**ACTIVITIES:** **RC JR/SR HS:** Activity Period – HS Stuco  
 FFA Breakfast/Leadership Workshop – 7am – 8:45am  
 “B” Bell Schedule (shortened period starting @8:45am)  
 Leave for State Wrestling @FHSU, Hays, time to be announced

**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
 EAST FAMILY FUN NIGHT – 6:30pm

**FRIDAY, FEB. 28:**

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

**LUNCH:** EAST – Cheese Pizza, Turkey and Cheese Sandwich, Chicken Bacon Ranch Salad,  
 Focaccia Bread – SIDES – Fresh Fruit, Parmesan Roasted Carrots, Strawberry  
 Banana Mix – OPAA to Go – Pizza Munchables – SIDES – Fresh Garden  
 Salad, Chilled Fruit  
 Jr/Sr HS – Chicken Alfredo with Italian Bread, BBQ Bacon Chicken Sandwich –  
 Chicken Bacon Ranch Salad with Focaccia Bread – OPAA to Go – Pizza  
 Munchables, Turkey Chef Salad with Italian Bread SIDES – Fresh Garden  
 Salad, Parmesan Roasted Carrots, Fresh Fruit, Strawberry Banana Mix, Milk

**ACTIVITIES:** **RC JR/SR HS:** Activity Period – FFA Officers  
 HS STATE Wrestling @FHSU, Hays, Kansas

**EAST:** Follow the Tuesday/Thursday Schedule  
 Celebrate Read Across America Day – Wear Hats  
 Belleville After School Program – 3:30pm – 5:30pm

**SATURDAY, FEB. 29:**

**ACTIVITIES:** RC JR/SR HS: HS STATE Wrestling @FHSU, Hays, Kansas  
Forensics @Minneapolis, bus leaves at 6:15am

**SUNDAY, MARCH 1:**

Open Gym 1-3pm

**MONDAY, MARCH 2:**

**BREAKFAST:** Dr. Seuss's Birthday – Green Eggs and Ham with Toast, Sausage Biscuit, Cereal,  
Oatmeal, Yogurt, Fresh Fruit, Fruit Juice, Milk

**LUNCH:** EAST – Chicken Patty on Bun, Turkey Club Wrap, Cobb Salad with Blueberry Muffin,  
SIDES – Steamed Broccoli, Fresh Garden Salad, Fresh Fruit, Peaches, Milk  
OPAA to Go – Club Sandwich –SIDES – Fresh Garden Salad, Chilled Fruit  
Jr/Sr HS –Chili Dog, Cheeseburger, Chicken Patty on Bun, Cobb Salad with blueberry  
Muffin – OPAA to Go – Crispy Chicken Wrap – SIDES – Fresh Garden Salad,  
Steamed Broccoli, Fresh Fruit, Peaches, Milk

**ACTIVITIES:** RC JR/SR HS: Activity Period – FFA  
JH Scholars Bowl @SES, 4pm, bus leaves at 1:45pm  
JH Wrestling @Smoky Valley, 4:30pm, bus leaves at 2pm  
1<sup>st</sup> Round Sub – State – games to be announced – Girls will be playing  
First day of HS Spring Sports Practice  
EAST: Belleville After School Program – 3:30pm – 5:30pm  
East PTO Meeting, 7pm

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

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- (1) Mail: U.S. Department of Agriculture  
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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