

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

FEBRUARY 17 – FEBRUARY 24, 2020

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

SWEETHEART ROYALTY – Congratulations to Sadee Graves and Cormik Reynolds who were crowned Queen and King at the Sweetheart Game on Friday, February 7, 2020.

EAST ELEMENTARY BOOK FAIR –

East Elementary will be having their book fair Monday, February 17 – Thursday, February 20th. The East Elementary library will be open from 7:45am – 3:45pm, Monday – Wednesday. On Thursday, February 20th they will be open from 7:45am – 8:30pm during parent/teacher conferences. Be sure and attend to purchase a book and support the elementary library. They always have great items to choose from. Thanks to librarian Deb Anderson for all her hard work.

PEO Fundraiser – The PEO will be hosting a supper at the basketball games 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. It 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.

ELLSWORTH BASKETBALL – Friday, February 14, 2020 – at Ellsworth

High School Gym

4:30pm – JV Girls

6pm – Varsity Girls

7:30pm – Varsity Boys

City Hall

4:30pm – JV Boys

6pm – C Boys (2 Quarters)

7:30pm – C Girls (2 Quarters)

HEALTHY TIP –Movement Melts away stress

As much as it may stress you out just to think about exercising, once you actually start working out, you'll experience less stress in every part of your life. "Exercises produces a relaxation response that serves as a Positive distraction. It can help elevate mood and keep depression at bay.

MONDAY, FEB 17:

BREAKFAST: Mini French toast, Egg and Cheese Breakfast Sandwich, Cereal, Oatmeal, Yogurt, Fresh Fruit, Fruit Juice, Milk

LUNCH: EAST – Chicken and Waffles, Hot Dog on Bun, Chicken Caesar Salad, Focaccia Bread, SIDES – Fresh Garden Salad, French Fries, Fresh Fruit, Mandarin Oranges, Milk – OPAA to Go – Club Sandwich – SIDES – Fresh Garden Salad, Chilled Fruit

Jr/Sr HS – Bacon Pickle Grilled Cheese, Chili with Cinnamon Roll, Chicken Caesar Salad with Focaccia Bread -- OPAA to Go – Pizza Munchables, Turkey Chef Salad with Focaccia Bread – SIDES – Fresh Garden Salad, French Fries, Fresh Fruit, Mandarin Oranges, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – Scholars Bowl
7th/8th wrestling @Minneapolis, 4pm, bus leaves at 1:30pm

EAST: Belleville After School Program – 3:30pm – 5:30pm
East Book Fair – 7:45am – 3:45pm, East library

TUESDAY FEB. 18:

BREAKFAST: Breakfast Bowl, Soft Filled Cereal Bars, Cereal, Oatmeal, Toast, Fruit Juice, Chilled Fruit, Milk

LUNCH: EAST – Chicken and Cheese Quesadilla, Turkey and Cheese Sandwich, Chicken Bacon Ranch Salad, Italian Bread – SIDES – Fresh Garden Salad, Bean Soup, Fresh Fruit, Banana Orange Mix, Milk – OPAA to Go – Turkey Jack Sandwich – SIDES – Fresh Garden Salad, Chilled Fruit

Jr/Sr HS – Roast Beef Melt, Chicken Pizza Sandwich, Chicken Bacon Ranch Salad with Italian Bread – OPAA to Go – Buffalo Chicken Wrap, Cottage Cheese with Fruit and Muffin – SIDES – Fresh Garden Salad, Bean Soup, Fresh Fruit, Banana Orange Mix, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Junior Class
 Cadaver Lab Tour @CCCC, bus leaves 8:30am
 JH Scholars bowl @Pike Valley, 4pm, bus leaves at 3:15pm
 HS BB @Minneapolis, 4:30pm, bus leaves at 2:15pm
 New Gym Old Gym
 4:30pm ½ C girls 4:30pm - JV Boys
 Varsity Girls C Boys
 Varsity Boys Junior Varsity Girls

EAST: Belleville After School Program – 3:30pm – 5:30pm
 East Book Fair – 7:45am – 3:45pm, East library

WEDNESDAY, FEB. 19:

BREAKFAST: Breakfast Nachos, Peach Cobbler, Cereal, Oatmeal, Yogurt, Fruit Juice, Fresh Fruit, Milk

LUNCH: EAST – Chicken Patty, Corn Dog, Cobb Salad, Hot Roll – SIDES – Mashed Potatoes with Gravy, Glazed Carrots, Fresh Fruit, Peaches, Hot Roll, Milk – OPAA to Go – Crispy Chicken Wrap – SIDES – Fresh Garden Salad, Chilled Fruit
 Jr/Sr HS – Roast Turkey with Gravy, Chicken Patty, Hot Roll, Cobb Salad with Hot Roll – OPAA to Go – Crispy Chicken Wrap, Elvis Burrito with Yogurt, SIDES – Fresh Garden Salad, Mashed Potatoes with Gravy, Glazed Carrots, Fresh Fruit, Peaches, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – KAYS Executive
EAST: Belleville After School Program – 3:30pm – 5:30pm
 East Book Fair – 7:45am – 3:45pm, East library

THURSDAY, FEB. 20:

BREAKFAST: Peanut Butter and Chocolate Sweet Roll, Bacon Blueberry Baked Pancakes, Cereal, Oatmeal, Cinnamon Toast, Chilled Fruit, Fruit Juice, Milk

LUNCH: EAST – Chicken Nachos with White Queso, Chicken Alfredo, Italian Chef Salad, Focaccia Bread – SIDES – Fresh Garden Salad, Corn, Fresh Fruit, Applesauce, Milk – OPAA to Go – Southwest Chicken Avocado Wrap, SIDES – Fresh Garden Salad, Chilled Fruit
 Jr/Sr HS – Philly Cheese Steak Sub, Stromboli Pinwheel, Italian Chef Salad with Focaccia Bread – OPAA to Go – Club Sandwich, Strawberry Cucumber and Chicken Salad with blueberry muffin – SIDES – Fresh Garden Salad, Corn, Applesauce, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – KAYS
 School Dismissed at 12:30pm (following lunch)
 Parent/Teacher Conferences – 1:30pm – 8:30pm

EAST: School dismissed at 12:30pm
 Parent/Teacher Conferences – 1:30pm – 8:30pm
 East Book Fair – 7:45am – 8:30pm – East library
 They will be open during conferences

FRIDAY, FEB. 21:

BREAKFAST: NO SCHOOL
LUNCH: NO SCHOOL
ACTIVITIES: RC JR/SR HS: NO SCHOOL
 HS Wrestling --- Regional at Russell, bus leaves at 8:45am
 Wrestling begins at 2pm
 HS BB vs. Sacred Heart, HERE, 4:30pm

EAST: NO SCHOOL

SATURDAY, FEB. 22:

ACTIVITIES: RC JR/SR HS: Varsity Wrestling – Regional at Russell,
 Wrestling begins at 11am
 Forensics Tournament @Valley Heights, 8am, bus leaves at 6:15am
 FCA spring Conference @Webster Center, Salina, leave at 6:45am

SUNDAY, FEB. 23:

Open Gym 1-3pm

MONDAY, FEB. 24:

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

LUNCH: EAST – Tacos, Tangerine Chicken with Rice, Taco Salad, Cornbread, Fresh Garden Salad, Tater Tots, Fresh Fruit, Peaches, Milk – OPAA to Go – Club Sandwich, Fresh Garden Salad, Chilled Fruit
Jr/Sr HS – BBQ Pork Nachos, Meatball Sub, Taco Salad 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 Field Trip – 11:15am – 1:45pm
To Courtland, Kansas
JH Scholars Bowl @Thayer Country, 4pm, bus leaves at 3pm

EAST: East Site Council, 5pm
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.

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