

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

JAN. 7 – JAN. 14, 2019

FOOD SERVICE – Reminder your child has a choice of 3 entrees each day.
Milk is also available with each meal.

HEALTHY EATING TIP:

Sugar in our diet

Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay. Sugary foods and drinks, are often high in energy or calories and if eaten too often, can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals.

Many packaged foods and drinks contain surprisingly high amounts of free sugars. Free sugars are any sugars added to foods or drinks or found naturally in honey, syrups and unsweetened fruit juices.

CUT down on: Sugary fizzy drinks, sugary breakfast cereals, cakes, biscuits, pastries

These foods contain added sugars: this is the kind of sugar we should be cutting down on, rather than sugars that are found in things such as fruit and milk.

MONDAY, JAN. 7:

BREAKFAST: Pancakes with Syrup, chicken Biscuit, Cereal, Oatmeal, Yogurt, Fresh Fruit

LUNCH: Chedda-Toni with Italian Bread or Chicken Patty on Bun – Entrée Salad – Italian chef Salad, Italian Bread – SIDES – Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches

ACTIVITIES: RC JR/SR HS: Activity Period – Class Meetings
Vision & Hearing Screenings – Republic County Health Department – Odd Grades

FCA following sports practice, 6:15pm, Room 100

EAST: Belleville After School Program – 3:20pm – 5:30pm

TUESDAY, JAN. 8:

BREAKFAST: Cinnamon Roll, Pancake Sausage Griddle, Cereal, Oatmeal, Cinnamon Toast Chilled Fruit

LUNCH: Chili with Cinnamon Roll or BBQ Pork on Bun – Entrée Salad – Taco Salad, Cornbread – SIDES --- Fresh Garden Salad, Cowboy Beans, Orange Pineapple Mix

ACTIVITIES: RC JR/SR HS: Activity Period – FCCLA
HS BB vs. Sacred Heart, HERE, 4:30pm
Schedule of games – JV Girls 4:30pm, Jr/Sr High School
6pm – Varsity Girls followed by Varsity Boys

EAST: Belleville After School Program – 3:30pm – 5:30pm
Schedule of games – JV Boys 4:30pm, East Elementary
6pm, ½ C boys, East Elementary

WEDNESDAY, JAN. 9:

BREAKFAST: Chocolate French Toast, Peach Hand pie, Cereal, Oatmeal, Yogurt, Fresh Fruit

LUNCH: Hamburger Steak or Roast Turkey with Gravy – Entrée Salad – Chicken Caesar Salad – SIDES – Mashed Potatoes with Gravy, Corn, Pears, Hot Rolls

ACTIVITIES: ADM: D-SILT @BOE office, 4pm

RC JR/SR HS: Activity Period – FFA Officers

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

THURSDAY, JAN. 10:

BREAKFAST: Cheesy Ham and Egg Casserole, Bacon Blueberry Baked Pancakes with Syrup, Cereal, Oatmeal, Toast with Margarine, Chilled Fruit

LUNCH: Chicken Tacos or Egg, Ham and Cheese Breakfast Sandwich, Tator Tots – Entree Salad – Cobb Salad, Blueberry Muffin – SIDES – Fresh Garden Salad, applesauce

ACTIVITIES: RC JR/SR HS: Activity Period – FFA/JH Stuco
Vision & Hearing Screenings – Republic County Health Department—
Will complete students that weren't checks on Tuesday
Varsity Scholars Bowl @Southeast of Saline, 4pm, bus leave at 2pm
Varsity Wrestling @Cloud County, 6pm, bus leaves at 3pm

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

FRIDAY, JAN. 11:

BREAKFAST: Biscuit and Gravy with Sausage, Mini Pancakes, Cereal, Oatmeal, Yogurt, Fresh Fruit

LUNCH: Peanut butter and Jelly Sandwich with Yogurt or Chicken and Biscuits – Entrée Salad – Popcorn Chicken Salad, Pineapple Muffin – SIDES – Fresh Garden Salad, Baby Carrots with Ranch Dressing, Strawberry Banana Mix

ACTIVITIES: RC JR/SR HS: Activity Period – FBLA Officers
HS Varsity Wrestling @Superior, 4pm, bus leaves at 1:50pm
HS BB vs. Southeast of Saline, HERE, 4:30pm
Schedule of Games – ½ C girls 4:30pm, Jr/Sr High School
Varsity Girls 6pm, followed by Varsity Boys

EAST: Follow the Tuesday/Thursday schedule today
Belleville After School Program – 3:30 pm – 5:30pm
Schedule of Games – JV Boys – 4:30pm, East Elementary
½ C Boys, 6pm, JV Girls, 7:30pm

SATURDAY, JAN. 12:

ACTIVITIES: RC JR/SR HS: JAM BB 8am – 12pm
Varsity and JV Scholars Bowl @St. Johns of Beloit, 8:30am,
Bus leaves at 6:45am
JH Honor Choir – Junction City Middle School, bus leaves 6am

SUNDAY, JAN. 13:

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

MONDAY, JAN. 14:

BREAKFAST: Breakfast Sliders, Waffles with syrup, Cereal, Oatmeal, Yogurt, Fresh Fruit

LUNCH: Roasted chicken Sandwich or Sloppy Joe – Entrée Salad – Cobb Salad, Blueberry Muffin – SIDES – Fresh Garden Salad, Mandarin Oranges

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

RC JR/SR HS: Activity Period – FBLA
Varsity Scholars Bowl @Wamego, 4pm, bus leaves at 1:15pm
JHS Boys @Concordia, 4:30pm, bus leaves at 3:30pm

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

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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.

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