

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

FEBRUARY 19, 2018 – FEBRUARY 26, 2018

All Grades 6-12 have a Fruit Choice and Garden Salad Bar with lunch

CHOICE -- Peanut/Butter/Jelly Sandwich

**KIDS AND FOOD TIPS FOR PARENTS:**

Drink calories count. Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it's 100%, but kids don't need much of it – 4 to 6 ounces a day is enough for preschoolers.

**CALENDAR CHANGE – Be sure and mark your Calendars. The 3<sup>rd</sup> and 4<sup>th</sup> Grade Music Program has been moved to Monday, March 5 at 7pm at East Elementary. It was originally scheduled for Friday, April 6.**

**EAST ELEMENTARY – Scholastic Book Fair**

The East Elementary Library will be hosting a book fair, February 19 – February 22<sup>nd</sup>. They will be open from 7:45am – 3:45am, Monday – Wednesday and will be open from 7:45am - 8:30pm on Thursday, during Parent/Teacher Conferences. Be sure and show your support for the library program.

**MEAL during February 20<sup>th</sup> Game – The FBLA will be serving a meal beginning at 5:30pm on Tuesday, February 20<sup>th</sup> during the High School Basketball games. They will be serving sausage gravy or creamed chicken over biscuits and a dessert. It will be for a free will donation and the proceeds will be used to help pay for expenses for students attending state conference. Be sure and get out and support the FBLA and stay to cheer on the Buffs.**

**MONDAY FEB 19:**

**BREAKFAST:** Whole Grain Cereal, Sausage Patty, Sliced Pears, Juice Choice, Milk Choice

**LUNCH:** Popcorn Chicken, Red Bell Pepper Strips, Sliced Cucumbers, Fresh Fruit, Cinnamon Roll, Milk Choice

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

JH Scholar's Bowl @Pike Valley (Courtland), 4pm, bus leaves 3:20pm  
7<sup>th</sup>/8<sup>th</sup> Wrestling @St. John's, **(this was moved to the 20<sup>th</sup>)**

RESCHEDULED – HS BB vs. Clay Center, HERE

4:30pm, JV Girls, Varsity Girls, Varsity Guys

**EAST:** East Elementary Book Fair – 7:45am – 3:45pm

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

East Site Council, East Library, 5pm

RESCHEDULED – HS BB vs. Clay Center, HERE

4:30pm, JV Guys, 3 quarters C Guys,

**TUESDAY FEB. 20:**

**BREAKFAST:** Biscuit & Gravy, Fresh Orange, Juice Choice, Milk Choice

**LUNCH:** Beef Pizza, Fresh Sugar Snap Peas, Sliced Peaches, Milk Choice

**ACTIVITIES: RC JR/SR HS:** Activity Period – FCCLA  
Science Club Speaker, Dr. Sorensen, 1pm  
7<sup>th</sup>/8<sup>th</sup> wrestling @St. Johns (Salina), 4pm, bus leaves at 2pm  
HS BB vs. SES, HERE, 4:30pm, JV Girls  
Followed by Varsity Girls, Varsity Guys

**SENIOR NIGHT – introduced between Varsity Games**

**FBLA supper during the game – begin serving at 5:30pm**

**EAST:** East Elementary Book Fair --- 7:45am – 3:45pm

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

HS BB vs. Southeast of Saline, HERE, 4:30pm, JV Guys

Followed by C Guys, C Girls

**WEDNESDAY FEB. 21:**

**BREAKFAST:** Kansas Granola Bar, Sliced Peaches, Juice Choice, Milk Choice

**LUNCH:** Hamburger on a Whole Grain Bun, Dark Green Leaf Lettuce, Tomato Slice,  
Oven Baked Fries, Strawberries & Bananas, Milk Choice

**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS Executive  
6<sup>th</sup> Grade to Belleville Health Care Center &  
Country Place Living, 1:35pm

**EAST:** East Elementary Book Fair – 7:45am – 3:45pm

MTSS Building Meeting, 3:45pm

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

**THURSDAY FEB. 22:**

**BREAKFAST:** Chicken Biscuit Sandwich, Fresh Mixed Fruit Cup, Juice Choice, Milk Choice

**LUNCH:** Breaded Beef Patty, Whole Grain Biscuit, Sweet Potatoes, Green Beans,  
Fresh Grapes, Honey Apple Crisp (9-12), Milk Choice

**ACTIVITIES: RC JR/SR HS:** Activity Period – Junior Class Prom  
FFA Ag Breakfast – 7am, Ag Building  
Class Hours will be the “B” Schedule  
FFA Leadership classes – 1<sup>st</sup> hour until 9:15am  
Jana’s Campaign Assembly, 10am

**SCHOOL DISMISSES at 12:30pm**

**Parent/Teacher Conferences 1:30 – 8:30pm**

**RCHS Wrestlers leave for State at Hays at 2pm**

**EAST: SCHOOL DISMISSES at 12:30pm**

**Parent/Teacher Conferences 1:30 – 8:30pm**

East Elementary Book Fair – 7:45am – 8:30pm

(Please note they have extended hours during PTC)

**FRIDAY FEB. 23:**

**BREAKFAST: NO SCHOOL**

**LUNCH: NO SCHOOL**

**ACTIVITIES: RC JR/SR HS:** Activity Period – **NO SCHOOL**  
STATE WRESTLING @FHSU, Hays, KS

**EAST: NO SCHOOL**

**SATURDAY, FEB. 24:**

**ACTIVITIES: RC JR/SR HS:** STATE WRESTLING @FHSU, Hays, KS  
FFA Meats Judging @Ellsworth, 9am, bus leaves at 6:45am  
Forensics @Southeast of Saline, bus leaves at 7am

**SUNDAY, FEB. 25:**

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

**MONDAY, FEB. 26:**

**BREAKFAST:** French Toast Sticks, Fresh Fruit, Juice Choice, Milk Choice

**LUNCH:** Pig in a Blanket, Roasted Baby Potatoes, Broccoli with Cheese Sauce,  
Cinnamon Apple Slices, Milk Choice

**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS  
JH Scholars' bowl @Thayer Central, 4pm, bus leaves at 3pm  
Sub – State Basketball  
1<sup>st</sup> Round -- Girls  
First Day of Spring Sports Practice

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

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