

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

FEBRUARY 5, 2018 – FEBRUARY 12, 2018

NATIONAL FBLA week – Feb. 4 – Feb. 10

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

CHOICE -- Peanut/Butter/Jelly Sandwich

Kids and Food: NUTRITION TIP:

Start them Young: Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food a few different times for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.

SCHOLARS BOWL – LEAGUE CHAMPIONS

Congratulations to our Varsity and Junior Varsity Teams, as they both are the League Champions. Varsity team members were: Lasandra Aurand, Amanda Baxa, Laurel Fischer, Marc Poppe, and Adara Warner – Junior Varsity team members were: Ayden Krohn, Grant Nabity, John Price, Faith Schintler, and Nathan Snively.

SWEETHEART FESTIVITIES --

Be sure and get out and support the BASP fund raiser during the Sweetheart Basketball game, Friday, Feb. 2. They will be serving "All you can Eat" Chris Cakes Pancakes from 5-7:30pm in the Jr/Sr High School Cafeteria. The "Bufs" will be taking on the Russell Broncos with the Varsity Girls game beginning at 6pm, followed by the Varsity Guys. They will be crowning the Sweetheart Queen and King between the Varsity Games.

MONDAY FEB 5:

BREAKFAST: Whole Grain Cereal, Yogurt Cup, Fresh Apple, Juice Choice, Milk Choice

LUNCH: Mini Meatball Sub, Potato Wedges, Tossed Salad, Sliced Peach, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – Scholars' Bowl
KAYS United Conference @Pike Valley, 8am, bus leaves at 7:30am
NCAA Band @Russell, bus leaves at 10am
Performance at 7pm that evening
Jr.High Wrestling @Minneapolis, 4:30pm, bus leaves at 2:15pm
EAST: Belleville After School Program – 3:20 – 5:30pm

TUESDAY FEB. 6:

BREAKFAST: Biscuit & Gravy, Pineapple Chunks, Juice Choice, Milk Choice

LUNCH: Popcorn Chicken, Whole Grain Roll (6-12), Baked Beans, Creamy Coleslaw,
Fresh Baby Carrots, Rosy Applesauce, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – Art Club/JH Stuco
HS BB vs. Clay Center, 4:30pm, HERE
JV girls, followed by Varsity Girls then Varsity Guys
EAST: 3rd Grade Pen Pal Lunch @East
HS BB vs. Clay Center, 4:30pm, JV Guys
6pm will be ½ of C guys followed by ½ C girls
Belleville After School Program – 3:20 – 5:30pm

WEDNESDAY FEB. 7:

BREAKFAST: NO BREAKFAST served – 2 HOUR LATE START

LUNCH: Chili Soup with Whole Grain Crackers, Cherry Tomatoes, Cucumber Slices,
Fresh Banana, Milk Choice

ACTIVITIES: ADM: 2 HOUR LATE START – Collaboration Time

RC JR/SR HS: Activity Period – 2 Hour Late START

FCCLA Star Events @Minneapolis, 8am, bus leaves at 7am

FCCLA District Elections @Minneapolis, 9am

EAST: 2 Hour Late START

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

THURSDAY FEB. 8:

BREAKFAST: Western Omelet quesadilla with Tomato Salsa, Fresh Fruit, Juice Choice, Milk Choice

LUNCH: Grilled Chicken with Whole Grain Bun, Broccoli Florets, Fresh Baby Carrots, Fresh
Citrus Fruit Cup, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – FFA Officers

Vision & Hearing Rechecks – 8:30am

NCAA League Wrestling @Ellsworth, 3pm, bus leaves at 11:35am

JH Scholars' Bowl @Beloit, 4pm, bus leaves at 2:45pm

EAST: Vision & Hearing Rechecks – 12:30pm

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

FRIDAY FEB, 9:

BREAKFAST: Mini French Toast, Fruit Cocktail, Juice Choice, Milk Choice

LUNCH: Beef Pizza, Fresh Sugar Snap Peas, Fresh Fruit, Milk Choice

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

RCHS BB @Ellsworth, 6pm, bus leaves at 3:15pm

SATURDAY, FEB. 10:

ACTIVITIES: RC JR/SR HS: State Scholars Bowl @Moundridge

ACT Test

7th/8th Wrestling @Phillipsburg, 9am, bus leaves at 6am

JV Basketball @SES, 10am, bus leaves at 8am

JAM Basketball

SUNDAY, FEB. 11

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

MONDAY, FEB. 12:

BREAKFAST: NO SCHOOL -- INSERVICE

LUNCH: NO SCHOOL -- INSERVICE

ACTIVITIES: BOE: Board of Education Meeting, 7:30pm, district office

RC JR/SR HS: Activity Period – NO SCHOOL – INSERVICE

7th & 8th Wrestling @Minneapolis, 4pm, bus leaves at 1pm

EAST: NO SCHOOL -- INSERVICE

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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:

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