

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

FEBRUARY 6 – FEBRUARY 13, 2017
All Grades 6-12 have a Fruit Choice and Salad Bar with lunch

NATIONAL FBLA WEEK – February 5 – February 11

NATIONAL SCHOOL COUNSELING WEEK – February 6 – February 10

“School Counseling Helping Students Realize their Potential”, will be celebrated from Feb. 6-10, 2017, to focus public attention on the unique contribution school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping student achieve school success and plan for a career. National School Counseling Week is always celebrated the first full week in February.

BIG THANKS to our School Counselors, Susie Jelinek and Chris Klos

BASP FUND-RAISER – Pancake Feed --

The BASP program will be having a fundraiser in conjunction with the Sweetheart activities at Republic County Jr/Sr High School on Friday, February 10.

They will be serving the famous “Chris Cakes” out of Wichita.

They will be serving in the Jr/Sr High school cafeteria from 5:00pm – 7:30pm.

Tickets are \$6.00 in advance or \$7.00 at the door, for all you can eat pancakes.

You can get your tickets from any BASP board members, BASP student or at the Astra Bank.

They thank you for your support of the BASP program.

SWEETHEART CANDIDATES – Congratulations – February 10, 2017

QUEEN CANDIDATES

Casey Benyshek
Elly Dahl
Brianna MacLean
Keyona Reed

KING CANDIDATES

Nic Piroutek
Brett Stindt
Justin Tietjen
Clayton Titkemeier

MONDAY FEB. 6:

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

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

ACTIVITIES: RC JR/SR HS: Activity Period –Scholars Bowl/JH Stuco
KS Wesleyan Representative here during HS lunch
NCAA Band @Minneapolis, bus leaves at 11:15am
Concert at 7pm in Minneapolis Auditorium
JH Wrestling @Minneapolis, 4:30pm, bus leaves at 2:30pm

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

TUESDAY FEB 7:

BREAKFAST: Biscuit & Gravy, Fresh Oranges, Juice Choice, Milk Choice

LUNCH: Popcorn Chicken, Whole Grain Roll, Baked Beans, Creamy Coleslaw,
Baby Carrots, Apricot Halves, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period –Art Club
Dr. Tracz Assembly – 10am, cafeteria
HS BB @Clay Center, 4:30pm, bus leaves at 2:15pm
Begin with JV girls at 4:30pm in main gym
Followed by Varsity girls at 6pm then Varsity Guys
JV guys at 4:30pm in district gym
Followed by “C” boys at 6pm

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

WEDNESDAY FEB. 8:

BREAKFAST: 2 Hour Late Start – No Breakfast Served

LUNCH: White Chicken Chili, Cornbread Muffin, Cherry Tomatoes,
Cucumber Slices, Fresh Banana, Milk Choice

ACTIVITIES: ADM: 2 Hour Late Start
RC JR/SR HS: Activity Period – 2 Hour Late Start
2 Hour Late Start – Teacher Collaboration
FFA speech/Job Interview @Clay Center, 9am, bus leaves 7:30am
Republic County Spelling Bee – 1pm, District court rom,
Republic County Courthouse

EAST: 2 Hour Late Start – Teacher Collaboration
Belleville After School Program – 3:20 – 5:30pm

THURSDAY FEB 9:

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

LUNCH: Cheese Pizza, Broccoli Florets, Baby Carrots, Fresh Citrus Fruit Cup, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – Sweetheart practice
NCAA League Wrestling – HERE, 3pm
JH Scholars Bowl @Minneapolis, 3:30pm, bus leaves at 2:30pm

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

FRIDAY FEB 10:

BREAKFAST: Pancake on a Stick, Syrup, Strawberries, Juice Choice, Milk Choice

LUNCH: Biscuit & Gravy, Sausage Patty, Fresh Sugar snap peas, Hash Brown Patty,
Tropical Fruit, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – Sweetheart practice

Alumni Speakers, 1-1:45pm

Alumni Speakers, 1:56 – 2:30pm

Sweetheart Assembly, 3pm

BASP FUND-RAISER

“Chris Cakes” held at the Cafeteria 5-7:30pm

All you can eat Pancakes

HS BB vs. Ellsworth, 6pm, Varsity girl’s game

Crowning between Varsity Games

HS BB vs. Ellsworth, Varsity Guys game

Sweetheart Dance, 10pm – Midnight, Cafeteria

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

Follow the Tuesday/Thursday Schedule Today

BASP FUND-RAISER

“Chris Cakes” held at the Jr/Sr HS cafeteria 5-7:30pm

All you can eat pancakes

HS BB vs. Ellsworth, 5:45pm, JV Guys

Followed by JV Girls

SATURDAY, FEB 11:

ACTIVITIES: RC JR/SR HS: State Scholars Bowl

HS Forensics @Southeast of Saline, 9am, bus leaves 6:45am

ACT Test

JH Wrestling @Phillipsburg, 9am, bus leaves at 6:30am

HS JV BB @Southeast of Saline, 10am, bus leaves at 8am

SUNDAY, FEB. 12:

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

MONDAY FEB 13:

BREAKFAST: NO SCHOOL -- In-service

LUNCH: NO SCHOOL -- In-service

ACTIVITIES: ADM: Board of Education Meeting, @Board Office, 7:30pm

RC JR/SR HS: Activity Period – NO SCHOOL – In-service

KU Honors Banquet

EAST: NO School – In-service

TUESDAY, FEB 14:

BREAKFAST: Oatmeal Breakfast Round, Yogurt Cup, Juice Choice, Milk Choice

LUNCH: Taco Soup, Tortilla Chips, Tomato Salsa, Refried Beans, Strawberries, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – Junior class/Prom

HS BB vs. Minneapolis, **SENIOR NIGHT**

JV girls begin at 4:30pm, followed by Varsity girls at 6pm

Senior Night held between Varsity games

Varsity Guys follow the Senior Night

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

HS BB vs. Minneapolis, 4:30pm

JV Guys followed by “C” team

USDA is an equal opportunity provider and employer.

REMINDER – MENUS & EVENTS are subject to change.

USD #109 is an equal opportunity employer. USD #109 does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or policies.

NUTRITION TIP

Don’t eat when you are distracted

Avoid eating while you are distracted, watching T.V., driving, checking e-mail.

Distraction during meals can lead to overeating because you are less focused on hunger signals and the amount of food you have eaten.