

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

AUGUST 17 – AUGUST 24, 2017

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

SOLAR ECLIPS SCHEDULE – Monday, August 21

Grades 2- 12

10:45 am leave Belleville

11:45 am arrive in Geneva, NE

Eat lunch (sack lunches provided by school)

Rotate 3 min on, 9-10 minutes off viewing the preceding partial eclipse
(students will be grouped by class)

All students watch the total eclipse at 1pm!!

Return to Belleville around 1:10pm

Go to regularly scheduled class when we return to Belleville

Classes dismissed at regular time

WELCOME BACK !!

THURSDAY, AUG. 17:

BREAKFAST: Breakfast Pita, Tomato Sauce, Sliced Pears, Milk Choice, Juice Choice

LUNCH: BBQ Beef/Whole Grain Bun, Fresh Snow Peas, Baked Beans, Summer Fruit Salad, Royal Brownie (6-12), Milk Choice

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

EAST: Assembly, Gym 8:30am

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

FRIDAY, AUG. 18:

BREAKFAST: Whole Grain Cinnamon Roll, Mandarin Oranges, Milk Choice, Juice Choice

LUNCH: Turkey/Cheese Sandwich, Dark Green Salad, Sliced tomato, Sweet Potato Fries, Fresh Fruit, Milk Choice

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

EAST: Follow the Monday-Thursday schedule today

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

MONDAY AUG 21:

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

LUNCH: Deli Ham Sandwich, May, Carrots/Ranch, Fruit Cup, Sliced apples, Gold Fish, Chips, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Kays Executive

Grades 6-12 attend Eclipse, Geneva, Nebraska, leave 10:45am

NCAA Coach's Sponsors Meeting @Sacred Heart

EAST: Grades 2-5 attend Eclipse, Geneva, Nebraska, leave 10:45am

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

TUESDAY AUG 22:

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

LUNCH: Pepperoni Pizza, Celery Stick, Cherry Tomatoes, Fresh Orange, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – High School Stuco

Booster Club Fall Board Meeting, 5:30pm

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

WEDNESDAY AUG 23:

BREAKFAST: Scrumptious Coffee Cake, Fresh Citrus Cup, Milk Choice, Juice Choice

LUNCH: Popcorn Chicken, Dark Green Salad, Butter Beans, Fresh Banana, Milk Choice, Juice Choice

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

EAST: MTSS Building Meeting, 3:45pm

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

THURSDAY AUG. 24:

BREAKFAST: Western Omelet, tomato Salsa, Fresh Grapes, Milk Choice, Juice Choice

LUNCH: Lasagna, Bread Stick, Marinara Sauce, Garden Salad, Baby Carrots, Cinnamon Apples, Chocolate Chip Cookie, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – Class Meetings/JH Stuco Officers

FCA, following sports practice, room 100

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

FRIDAY AUG 25:

BREAKFAST: French Toast Strips, Syrup, Fruit Cocktail, Milk Choice, Juice Choice

LUNCH: Chicken Patty, Whole Grain Roll, Mashed Potatoes, Gravy, Steamed Vegetable, Sliced Pears, Milk Choice,

ACTIVITIES: RC JR/SR HS: Activity Period – FCCLA Officers
Back to School Dance @Tennis Courts at Jr/Sr HS
EAST: Follow the Tuesday/Thursday schedule today
Belleville After School Program – 3:20 – 5:30pm

MONDAY, AUG 28:

BREAKFAST: Whole Grain Cinnamon Roll, Fresh Banana, Milk Choice, Juice Choice

LUNCH: Sweet & Sour Chicken Nuggets, Brown Rice, Cherry Tomatoes,
Celery Sticks, Tropical Fruit, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – FFA Officers
Play Auditions, 7pm
EAST: Belleville After School Program – 3:20 – 5:30pm

NUTRITION TIP

Plan to eat 5 servings of fruits and vegetables each day !!!

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REMINDER – MENUS & EVENTS are subject to change.

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