

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

AUGUST 28 – SEPTEMBER 5, 2017

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

CHOICE for Lunch the week of August 28 – September 1 will be Peanut/Butter/Jelly  
CHOICE for Lunch the week of September 5 – September 8 will be  
Yogurt, String Cheese and Crackers

**NUTRITION TIP:**

**FACT: Your physical health impacts your mental health.**

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The interaction between the mind and body is so pervasive, it's difficult to say which one is influencing which. If it's all connected, then it's all important.

The way to total health is through Complete Generosity: It's about taking care of your mind, your body, and your spirit.

**FRIDAY – AUGUST 25 Scrimmage Schedule – all at Jr/Sr High School Building**

3:45 pm – Jr. High Volleyball Scrimmage – They will scrimmage themselves

4:00 pm – CARES tailgate begins

4:45 pm – Cross Country finish qualifying

5:00 pm – HS Volleyball Scrimmage – They will be scrimmaging the alumni

5:30 pm – Jr. High Football Scrimmage

6:30 pm – Jr. High/High School Cheerleaders will perform

7:00 pm – HS Football Scrimmage

**SUNDAY, AUG. 27:**

**ACTIVITIES: RC JR/SR HS:** FCCLA leave for Manhattan, 10:30am

**MONDAY AUG. 28:**

**BREAKFAST:** Whole grain Cinnamon Roll, Fresh Banana, Juice Choice, Milk 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

FCCLA Take-Aim – Manhattan, leave 7am

**EAST:** East Site Council, East Library, 5pm

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

**TUESDAY AUG. 29:**

**BREAKFAST:** Mini Waffles, Apricot Halves, Milk Choice, Juice Choice

**LUNCH:** Super Nachos, Romaine Lettuce, Refried Beans, Salsa, Fresh Mixed Fruit Cup,  
Milk Choice

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

HS Volleyball @Ellsworth, 5pm, bus leaves at 2:15pm

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

**WEDNESDAY AUG. 30:**

**BREAKFAST:** Breakfast Pizza, Peach Slices, Juice Choice, Milk Choice

**LUNCH:** Cheese Bread Sticks, Seasoned Corn, Tossed Salad, Fresh Fruit, Milk Choice

**ACTIVITIES: RC JR/SR HS:** Activity Period – Art Club

**EAST:** EAST – MTSS – BLT, 3:45pm

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

**THURSDAY AUG. 31:**

**BREAKFAST:** Excellent Egg Taco, Tomato Salsa, Graham Snacks, Fresh Fruit,  
Juice Choice, Milk Choice

**LUNCH:** Hamburger/Whole Grain Bun, Creamy Coleslaw, Lettuce Salad, Sliced  
Tomatoes, Fresh Fruit, Milk Choice

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

JH Volleyball vs. Southeast of Saline, HERE, 4:15pm

Games at Jr/Sr High School

Net one – A, B, A                      Net two – B, C, C

JH Football vs. Southeast of Saline, HERE, 5pm

Cross Country @Concordia, 4:15pm, bus leaves at 3:10pm

Play Auditions, 7pm

**EAST:** Farm Bureau Kids' Ag Day, Fairgrounds, 8:45am – 2:30pm

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

**FRIDAY SEPT. 1:**

**BREAKFAST:** Whole Grain Muffin, Rosey Applesauce, Juice Choice, Milk Choice

**LUNCH:** Cheese Pizza, Steamed Carrots, Broccoli Florets, Pineapple Tidbits, Cherry Crisp (6-12), Milk Choice

**ACTIVITIES: RC JR/SR HS:** Activity Period – HS Stuco  
HS Football @Southeast of Saline, 7pm, bus leaves at 3pm  
**EAST:** Follow the Monday/Wednesday schedule today  
Belleville After School Program – 3:20 – 5:30pm

**SATURDAY, SEPT. 2:**

**ACTIVITIES: RC JR/SR HS:** Play Set Workday – 8am

**MONDAY, SEPT. 4:**

**ACTIVITIES: ADM:** District office and school offices **CLOSED for Labor Day Holiday**

**RC JR/SR HS: NO SCHOOL – Labor Day**  
JV Football vs. Southeast of Saline, HERE, 6pm

**EAST: NO SCHOOL – Labor Day**

**TUESDAY, SEPT. 5:**

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

**LUNCH:** Turkey/Cheese Sub, Whole Grain Bun, Dark Green Lettuce, Tomato Slices, Oven Baked Fries, Pepper Strips, Fresh Oranges, Milk Choice

**ACTIVITIES: RC JR/SR HS:** Activity Period – FBLA Officers  
HS Volleyball Quad @Red Cloud, 4pm, bus leaves at 1:30pm  
Play Practice, 7pm

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