

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

DECEMBER 3 – DECEMBER 10, 2018
FOOD SERVICE – Reminder your child has a choice of 3 entrees each day.
Milk is also available with each meal.

HEALTHY EATING –

Eat lots of fruit and vegetables. It's recommended that we eat at least five portions of a variety of fruit and veggies every day. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

SCHOLASTIC BOOK FAIR – The Republic County Jr/Sr High School library will be holding its annual book fair, November 30th – December 7th. Friday, November 30th the 6th, 7th and 8th graders will be getting an introduction to the book fair. They will be having contests and activities during the week, December 3 – 7th. The book fair will be open from 7:30am – 4pm, Friday, November 30th and 9am to 3pm on Saturday, December 1st. Monday, December 3rd – Friday, December 7th they will be open from 7:30am – 4pm. Be sure and stop in and do some Christmas shopping. The library thanks you for your support.

Basketball with Superior – Saturday – December 1 – GAME TIMES CHANGED!!

THE GAME TIMES HAVE BEEN CHANGED – due to pending weather. At 2:15pm the JV boys will be playing at East Elementary. The Varsity Girls will begin at 2:30pm at the Jr/Sr High School Gymnasium and the Varsity Boys will follow. The JV girls will play 3 quarters at 4pm at East Elementary.

FBLA – Soup supper -- Basketball with Beloit – Friday – December 7

The FBLA will be serving a meal during the RCHS basketball game with Beloit on Friday, December 7. They will have a free-will donation soup supper, with dessert and drink. The soup supper will be served in the cafeteria from 5:30pm – 7:30pm. Be sure and attend the game to support your RCHS “Buffs” and support the FBLA.

MONDAY, DEC. 3:

BREAKFAST: Egg and Cheese Bagel, Breakfast Pizza, Cereal, Oatmeal, Yogurt, Fresh Fruit

LUNCH: Chicken Nachos with white Queso or Corn Dog – Entrée Salad – Taco Salad,
Cornbread – SIDES – Fresh Garden Salad, Texas Pintos,

ACTIVITIES: RC JR/SR HS: Mandarin Oranges
Activity Period – FCCLA Officers
Book Fair, Jr/Sr HS library, 7:30am – 4pm
JV Scholars bowl, 4pm, @Southeast of Saline, bus leaves at 2pm
JH Girls BB @Sacred Heart, 4:30pm, bus leaves at 2pm
Order of games – C team, B team, A team
JH Boys BB, Sacred Heart, HERE, 4:30pm (games at Jr/Sr HS)
Order of games – ½ C team, B team, A team
Rep. Co. Wrestling Club, 6-8:30pm, RCHS cafeteria
EAST: Belleville After School Program – 3:20pm – 5:30pm

TUESDAY, DEC. 4:

BREAKFAST: French Toast Sticks with Syrup, Fruit and Yogurt Parfait with Fruit Muffin,
Cereal, Oatmeal, Cinnamon Toast, Chilled Fruit

LUNCH: Meatball Sub or BBQ Rib on Bun, French Fries – Entrée Salad – Cobb Salad,
Blueberry Muffin – SIDES – Fresh Garden Salad, Banana Orange Mix

ACTIVITIES: RC JR/SR HS: Activity Period – FCCLA
Book Fair, Jr/Sr HS library, 7:30am – 4pm
Scholars Bowl Practice, 5pm
HS BB @Concordia, 4:30pm, bus leaves at 3:20pm
Order of Games – 4:30pm, JV girls, main, gym, JV boys old gym
6pm, Varsity Girls followed by Varsity boys, main gym
5:45pm – old gym --2 quarters of FR boys
followed by 2 quarters of FR girls
EAST: Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, DEC. 5:

BREAKFAST: Gingerbread Cinnamon Roll, Breakfast Burrito, Cereal, Oatmeal, Yogurt, Fresh Fruit
LUNCH: Roast Pork or Meatloaf, Mashed Potatoes with Gravy – Entrée Salad – Chicken Caesar Salad, Hot Rolls – SIDES – Fresh Garden Salad, Glazed Carrots, Peaches, Hot rolls
ACTIVITIES: ADM: D-SILT @Board of Education office, 4pm
RC JR/SR HS: Activity Period – FBLA
 Book Fair, Jr/Sr HS library, 7:30am – 4pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, DEC. 6:

BREAKFAST: Scrambled Eggs, Banana Chocolate Chip Breakfast Cookie, Cereal, Oatmeal, Toast with margarine and Jelly, Chilled Fruit
LUNCH: Hamburger Mac and Cheese with Italian Bread or Krspito – Entrée Salad – Italian Chef Salad, Italian Bread – SIDES – Fresh Garden Salad, Corn Applesauce
ACTIVITIES: RC JR/SR HS: Activity Period – BAG/JH Stuco
 Book Fair, Jr/Sr HS library, 7:30am – 4pm
 JH Girls BB @Concordia, 4:30pm, bus leaves at 3:15pm
 FCA following sports practice, 6:15pm, room 100
 Rep. Co. Wrestling Club, 6-8:30pm, RCHS cafeteria
EAST: Belleville After School Program – 3:30pm – 5:30pm
 5th Grade Wreath Movie – 12:40 – 2:40pm

FRIDAY, DEC. 7:

BREAKFAST: Biscuits and Gravy with Sausage, Cinnamon Streusel Crumb Cake, Cereal, Oatmeal, Yogurt, Fresh Fruit
LUNCH: Sweet and Sour Pork with Rice or Parmesan Chicken Sandwich – Entrée Salad – Popcorn Chicken Salad, Pineapple Muffin – SIDES – Spring Salad Mix, Broccoli with Ranch, Pineapple
ACTIVITIES: RC JR/SR HS: Activity Period – Music
 Book Fair, Jr/Sr HS library, 7:30am – 4pm
 Kansas Beef Expo @Hutchinson, 8:30am,
 HS BB vs. Beloit, HERE, 12 C girls @4:30pm,
 6pm Varsity Girls and then Varsity Guys
 FBLA will be sponsoring a soup supper – 5:30pm – 7:30pm
 HS Wrestling Dual @Thayer Central, Hebron, NE, 6pm
 Bus leaves at 3:30pm
EAST: Follow the Monday/Wednesday schedule
 Last Day of tier
 MTSS Popcorn Party
 Belleville After School Program – 3:30 pm – 5:30pm
 HS BB vs. Beloit, HERE, JV Boys @4:30pm,
 followed by ½ C boys, followed by JV Girls

SATURDAY, DEC. 8:

ACTIVITIES: RC JR/SR HS: HS Wrestling @Onaga, 9:30am, bus leaves at 5:30am
 JH B team BB tournament, HERE, 9am
 RCHS Choir – Munden City Christmas, 7pm, bus leaves 5:45pm
 ACT Test

SUNDAY, DEC. 9:

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

MONDAY, DEC. 10:

BREAKFAST: Pancakes with Syrup, Breakfast Pizza, Cereal, Oatmeal, Yogurt, Fresh Fruit
LUNCH: Spaghetti and Meatballs with Italian Bread or Turkey and Cheddar Melt – Entrée Salad – Italian Chef Salad, Italian Bread – SIDES – Spring Salad Mix, Cheesy Cauliflower Popcorn, Peaches
ACTIVITIES: ADM: **Board of Education Meeting, district office, 8:15pm**
 (please note time change)
RC JR/SR HS: Activity Period – KAYS Executive
 RCHS Winter Music/Vocal Concert, 7pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

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REMINDER – MENUS & EVENTS are subject to change.

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Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

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