

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

APRIL 16, 2018 – APRIL 23, 2018

All Grades 6-12 have a Fruit Choice and Garden Salad Bar with lunch
CHOICE -- Peanut/Butter/Jelly Sandwich

WELLNESS INFORMATION:

Food is not love. Find better ways to say “I love you.” When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, raise and attention instead of food treats.

CONGRATULATIONS to the Power Lifting Team. They competed in the State Power Lifting Competition and were named the State Champions in their division.

CONGRATULATIONS to Nicole Popelka – Science Fair Champion and Daniel Rieke, Science Fair Runner Up. Great Job to all the participants. The Science Fair and the Art Show were a great success.

MONDAY APRIL 16:

BREAKFAST: Whole Grain Cereal, String cheese, Oranges, Juice Choice, Milk Choice

LUNCH: Beef & Bean Burrito, tortilla Chips (9-12), tomato Salsa, Romaine Lettuce, Mexican Corn, Fresh Banana, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – RCHS STUCO
FFA Livestock Eval & Floriculture Judging – 9am
FFA Nursery – 1pm
RCHS Golf Invitational, 11am
State FCCLA @Wichita
EAST: Math State Assessments, Grades 3-5
Belleville After School Program – 3:20 – 5:30pm

TUESDAY APRIL 17:

BREAKFAST: Pancake on a Stick, Syrup, Fruit Cocktail, Juice Choice, Milk Choice

LUNCH: Sloppy Joes, Whole Grain Bun, Fresh Snow Peas, Baked Beans, Summer Fruit Salad, Brownie (6-12), Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – FBLA Officers
State FCCLA @Wichita
RCHS Track, Lions Invitational 11am
HS students dismissed after 2nd hour
RCHS Softball vs. Sacred Heart, 4pm, HERE
EAST: Math State Assessments, Grades 3-5
Belleville After School Program – 3:20 – 5:30pm

WEDNESDAY APRIL 18:

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

LUNCH: Chicken Crispito, Garden Salad, Fresh Baby Carrots, Sliced Peaches, Milk Choice

ACTIVITIES: ADM: MTSS Building Meeting, 3:45pm
RC JR/SR HS: Activity Period – FCCLA Officers
6th Grade to BHCC, Country Place Living, 1:30pm
EAST: Kindergarten My Plate
Belleville After School Program – 3:20 – 5:30pm

THURSDAY APRIL 19:

BREAKFAST: Sausage Breakfast Sandwich, Pineapple, Juice Choice, Milk Choice

LUNCH: Turkey & Cheese Sandwich, Whole Grain Bun, Dark Green Lettuce, Tomato Slice, Sweet Potato Puffs, Fresh Fruit, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – Junior Class Prom
PBI – 1st/2nd Hour
Varsity Golf @Beloit, 3pm, bus leaves at 12:30pm
JH Track @Rock Hills (Mankato), 3pm, bus leaves at 1:30pm
RCHS Softball vs. Lincoln @4:30pm, dismiss softball at 3pm
(rescheduled from 4/5/2018)
EAST: Belleville After School Program – 3:20 – 5:30pm

FRIDAY APRIL 20:

BREAKFAST: Whole Grain Muffin, Tropical Fruit, Juice Choice, Milk Choice

LUNCH: Country Style Beef Pattie, Mashed Potatoes & Gravy, Steamed Broccoli, Pineapple, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – KAYS Executive
Drivers Education parent meeting, 6pm
FFA Officer Interview – 5:30pm, Ag building
EAST: Follow the Tuesday/Thursday -- schedule today
Belleville After School Program – 3:20 – 5:30pm

SATURDAY APRIL 21:

ACTIVITIES: RC JR/SR HS: Forensics @Minneapolis, 9am, bus leaves at 7:15am
KAYS Girls Rock – 8:30am

MONDAY, APRIL 23:

BREAKFAST: Mini Waffles, Pineapple, Juice Choice, Milk Choice

LUNCH: Ham & Cheese Sandwiches, Whole Grain Bun, Potato Wedges, Broccoli, Florets, Fruit Cocktail, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – Art Club
Varsity Golf @Concordia, 3pm, bus leaves at 12:45pm
EAST: 1st Grade My Plate
Belleville After School Program – 3:20 – 5:30pm

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REMINDER – MENUS & EVENTS are subject to change.

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