

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

DECEMBER 20 – JANUARY 13, 2020

FOOD SERVICE – Reminder your child has a choice of different entrees each day.
Milk is also available with each meal.

Junior High League Basketball – Thursday, Dec. 19th and Saturday, Dec. 21st.

The Junior High girls will be playing in the first round of their league tournament on Thursday, December 19th at 5pm at Sacred Heart in Salina. With a win the girls will be playing at 9am at Sacred Heart in Salina on Saturday, December 21. They will play again at Noon, for either 1st place or 3rd place depending on how they do at 9am.

The Junior High boys will be playing in the first round of their league tournament on Thursday, December 19th at Ellsworth at 6pm. With a win the boys will be playing at St. Mary's in Salina at 10:30am on Saturday, December 21. The boys will be play again at 1:30 for either 1st place or 3rd place depending on how they do at 10:30am.

GOOD LUCK to both teams.

High School Basketball – Friday, December 20 at Russell, at 4:30pm

The High School basketball games will begin at 4:30pm on Friday the 20th. The JV girls will be playing at the High School and the JV boys will be playing at Ruppenthal Middle School (please note this change of venue from previous years. The C team boys will follow the JV boys at Ruppenthal.) The Varsity girls will follow the JV Girls at the high school at 6pm with the Varsity boys to follow.

FUN FACTS ABOUT EXERCISING – The Three Elements of Fitness

If you've ever watched kids on a playground, you've seen the three elements of fitness in action when they:

1. Run away from the kid who's "it" (endurance)
2. Cross the monkey bars (strength)
3. Bend down to tie their shoes (flexibility)

Parents should encourage their kids to do a variety of activities so that they can work on all three elements.

NO SCHOOL – Monday, December 23 – Thursday, Jan. 2, 2020

Students will return to class on Friday, January 3, 2020

KSHSAA Non-practice dates are Sunday, December 22 – Thursday, December 26, 2019

District office and school offices will be closed Monday, December 23 – Wednesday, January 2, 2020.

Offices will reopen on Thursday, January 2, 2020

THURSDAY, JAN. 2:

NO SCHOOL

Teacher's In-service/Workday

FRIDAY, JAN. 3:

BREAKFAST:

Biscuits and Gravy with Sausage, Mini Pancakes, Cereal, Oatmeal, Yogurt,
Fresh Fruit, Fruit Juice, Milk

LUNCH:

EAST -- Tony's Pizza, Chedda Toni – SALAD – Popcorn Chicken Salad, Focaccia Bread, SIDES – Fresh Garden Salad, Broccoli with Ranch, Fresh Fruit, pineapple, Milk
JR/SR HS – Super Nachos, Hot Dog Mac and Cheese, Taco Salad with Cornbread –
Chicken Po'boy – SIDES – Fresh Garden Salad, Refried Beans, Fresh Fruit, Tropical fruit, Milk

ACTIVITIES:

RC JR/SR HS:

Activity Period – Art Club
HS BB vs. Minneapolis, HERE, Main Gym
4:30pm, JV Girls

Followed by Varsity Girls at 6pm, then Varsity Guys

Auxiliary Gym – south end of Jr/Sr HS

4:30pm, JV Boys followed by ½ C boys

EAST:

Follow the Monday/Wednesday schedule today

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

SATURDAY, JAN. 4:

JAM Basketball, 8am – 12pm

SUNDAY, JAN. 5:

Open Gym 1-3pm

MONDAY, JAN. 6:

BREAKFAST: Breakfast Sliders, Sausage Biscuit, Cereal, Oatmeal, Yogurt, Fresh Fruit, Fruit Juice, Milk

LUNCH: EAST -- BBQ Pork Nachos, Beef and Noodles with Italian Bread – SALAD – Mandarin Orange Chicken Salad, Blueberry Muffin – SIDES – Fresh Garden Salad, Honey Baked Beans, Fresh Fruit, Peaches, Milk
JR/SR HS – Bacon Pickle Grilled Cheese, Beef and Broccoli with Rice, Mandarin orange Chicken Salad with Blueberry Muffin – SIDES – Fresh Garden Salad, French Fries, Fresh Fruit, Mandarin Oranges, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – Science Club
Vision & Hearing Screening, 9am – 3pm
Odd Grades, Gifted, Resource & New students

EAST: Kids Heart Challenge Assembly, 3pm
PTO – 7pm
Belleville After School Program – 3:30pm – 5:30pm

TUESDAY JAN. 7:

BREAKFAST: Western Egg “n” Bacon Sandwich, Pancake Sausage Griddle, Cereal, Oatmeal, Toast, Chilled Fruit, Fruit Juice, Milk

LUNCH: EAST -- Bacon, Egg and Cheese Flatbread, Roasted Chicken – SALAD – Italian Chef Salad, Focaccia Bread – SIDES – Fresh Garden Salad, French Fries, Fresh Fruit, Orange
Pineapple Mix, Milk
JR/SR HS – Roast Beef Melt, Chicken Pizza Sandwich, Italian Chef Salad with Focaccia Bread – Buffalo Chicken Wrap Sides, Fresh Garden Salad, Texas Pinto, Fresh Fruit, Banana Orange Mix, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – Junior Class
Vision & Hearing Screening – 9am – to finish
FCA Meeting @6:15pm, following sports practice

EAST: Belleville After School Program – 3:30pm – 5:30pm
BASP Board Meeting – 5:30pm

WEDNESDAY, JAN. 8:

BREAKFAST: Sausage Pancake on a Stick, Apple Pastry, Cereal, Oatmeal, Yogurt, Fruit Juice, Fresh Fruit, Milk

LUNCH: EAST -- Chicken Patty, Corn Dog – SALAD – Cobb Salad, Hot Roll – SIDES – Mashed Potatoes with Gravy, Corn, Fresh Fruit, Pears, Hot Roll, Milk
JR/SR HS – Roast Turkey with Gravy with Hot Roll, Chicken Patty with Hot Roll, Cobb Salad, with Hot Roll, Elvis Burrito with Yogurt – SIDES – Fresh Garden Salad, Mashed Potatoes with Gravy, Parmesan Roasted Carrots, Fresh Fruit, Peaches, Milk

ACTIVITIES: **ADM:** D-SILT @Board of Education Office, 4pm

RC JR/SR HS: Activity Period – FFA Officers

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

THURSDAY, JAN. 9:

BREAKFAST: Cinnamon Roll, Tot N Egg Casserole, Cereal, Oatmeal, Cinnamon Toast, Fruit Juice, Chilled Fruit, Milk

LUNCH: EAST -- Smothered Burrito, Italian Flatbread – SALAD – Popcorn Chicken Salad, Italian Bread – SIDES – Cheesy Cauliflower Popcorn, Fresh Garden Salad, Fresh Fruit, Applesauce, Milk
JR/SR HS – Philly Cheese Steak Sub, Chicken Tacos, Popcorn Chicken Salad with Italian Bread, Club Sandwich – SIDES – Fresh Garden Salad, Corn, Fresh Fruit, Applesauce, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – Scholars Bowl/JH Stuco
Scholars Bowl @Southeast of Saline, 4pm, bus leaves at 2pm
JH BB vs. Concordia, HERE, 4:30pm

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

FRIDAY, JAN. 10:

BREAKFAST: Biscuits and Gravy with Sausage, Mini French toast, Cereal, Oatmeal, Yogurt, Fresh Fruit, Fruit Juice, Milk

LUNCH: EAST --Chicken Alfred with Italian Bread, Lasagna Roll up with Italian Bread – SALAD – Strawberry Chicken Salad, Pineapple Muffin – SIDES – Fresh Garden Salad,
Baby Carrots with Ranch, Fresh Fruit, Strawberry Banana Mix, Milk
JR/Sr HS – Sloppy Joe, Lasagna Roll up with Focaccia Bread – Strawberry Chicken Salad with Pineapple Muffin – Fried Chicken Salad Sandwich – SIDES – Fresh Garden Salad, Broccoli with Ranch, Fresh Fruit, Pineapple, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – FCCLA Officers
HS Wrestling @Tri-County, 2pm, bus leaves at 9:45am
HS BB vs. Ellsworth, HERE, 4:30pm, Jr/Sr High School Gym
½ C girls, Varsity Girls, Varsity Guys
Auxiliary gym – south end of Jr/Sr High School – 4:30pm
JV boys, ½ C boys, JV girls

EAST: Follow the Tuesday/Thursday Schedule today
East Elementary spelling Bee, 10am
Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, JAN. 11:

ACTIVITIES: **RC JR/SR HS:** Scholars Bowl @Rock Hills, 9am
Varsity wrestling @Tri-County, 9am, bus leaves at 5am
All State Band Auditions @Salina, bus leaves at 6:45am

SUNDAY, JAN. 12:

Open Gym 1-3pm

MONDAY, JAN. 13:

BREAKFAST: Egg, Bacon and Cheese Bagel, Mini Waffles, Cereal, Oatmeal, Yogurt,
Fresh Fruit, Fruit Juice, Milk

LUNCH: EAST -- Cheeseburger, Scrambled Eggs with French Toast Sticks --- Salad – Italian
Chef Salad, Italian Bread – SIDES – Tater Tots, fresh Garden Salad, French
Fruit, Mandarin Oranges, Milk
JR/SR HS – BBQ Pork Nachos, Meatball Sub, Italian Chef Salad with Italian Bread,
Chicken Po Boy – SIDES – Fresh Garden Salad, Bean Soup, Fresh Fruit, Peaches, Milk

ACTIVITIES: **ADM:** **Board of Education Meeting, district office, 7:30pm**
 RC JR/SR HS: Activity Period -- FCCLA
 EAST: Belleville After School Program – 3:30pm – 5:30pm

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- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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