

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

APRIL 3 – APRIL 10, 2017

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

KINDERGARTEN ROUND UP – VISITATION

Kindergarten Round-up for students attending Kindergarten during the 2017/2018 year will be held on Friday, April 7th at East Elementary. This year's Kindergarten students will NOT have classes that day. If you have a child who will be 5 years old by August 31, 2017 and he/she plans to attend Kindergarten next year, please call East Elementary to make sure your child is on the list. The phone number is 785-527-2330. Thanks!!

Reminder to this year's Kindergarten students – You will not have school on Friday, April 7th, to allow next year's students to visit.

MATH ASSESSMENTS for Students in 6, 7, 8, 10 GRADES
April 3rd - April 7th

MONDAY APRIL 3:

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

LUNCH: Chicken Pattie, Whole wheat Roll, Mashed Potatoes, Gravy,
Dark Green Lettuce, Watermelon, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – FBLA
STAR FCCLA @Wichita
HS JV Track @Smith Center, 4pm, bus leaves at 2pm
FFA District Banquet, 6:30pm, buses leave at 2pm and 4:30pm

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

TUESDAY APRIL 4:

BREAKFAST: Mini Pancakes, Sausage Patty, Tropical Fruit, Juice Choice, Milk Choice

LUNCH: Lasagna, Garlic Bread Stick, Marinara Sauce, Garden Salad, Baby Carrots,
Fresh Apple, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – Junior Class Prom
STAR FCCLA @Wichita
Golf @Washington, 1pm, bus leaves at 10:45am
Golf @Smith Center, 1pm, bus leaves at 10:45am
Varsity Softball vs. Southeast of Saline, HERE,
4:30pm, dismiss at 3pm
JV Softball vs. Southeast of Saline, HERE, 4:30pm, dismiss at 3pm

EAST: 3rd & 4th Grade Music Practice
Belleville After School Program – 3:20 – 5:30pm

WEDNESDAY APRIL 5:

BREAKFAST: **NO Breakfast – 2 Hour Late Start**

LUNCH: Ham & Cheese, Whole Grain Bun, Baked Beans, Romaine Lettuce, Broccoli
Florets, Fruit Cocktail, Milk Choice

ACTIVITIES: ADM: D-Silt @District office, 4pm

RC JR/SR HS: Activity Period – **2 HOUR LATE START**
RCHS League Forensics @Sacred Heart, 9am,
RCHS STUCO visit with 5th Grade students – 11:30am
Students will be leaving at 11:20am
FFA Ag Tech/Management @Beloit Vo Tech, 9am, bus leaves at 7am
Jr. Class After Prom Meeting, 5:30pm, Jr/Sr HS library

EAST: **2 HOUR LATE START**
RCHS STUCO visit with 5th Grade students – 11:30am
4th Grade students to Republic County Historical Museum, 1:30 – 3pm
Belleville After School Program – 3:20 – 5:30pm

THURSDAY APRIL 6:

BREAKFAST: Breakfast Taco, Tomato Salsa, Sliced Pears, Juice Choice, Milk Choice

LUNCH: Pepperoni Pizza, Cherry Tomatoes, Bell Pepper Strips, Fresh Orange, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – FFA Officers
JH Track @Smith Center, 3:30pm, bus leaves at 1:45pm
Softball @Lincoln, 4:30pm, bus leaves at 1:30pm

EAST: 3rd & 4th Grade Music Practice
Belleville After School Program – 3:20 – 5:30pm

FRIDAY APRIL 7:

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

LUNCH: Shrimp Poppers, Roasted Baby Potatoes, Coleslaw, Sliced Peaches, Milk Choice

ACTIVITIES: RC JR/SR HS: Activity Period – NHS/JH Stuco
Cloud County Art Show, bus leaves at 7:40am, return 2:30pm
HS Track @Riley County, 3pm, bus leaves at 12:45pm

EAST: Follow the Monday/Wednesday schedule today
3rd & 4th Grade Music Practice
3rd & 4th Grade Music Program, 7:30pm, East Gym
NO KINDERGARTEN for this year's Kindergarten students
KINDERGARTEN VISIT for 2017/2018 Kindergarten students
5th Grade AR Party, 12:30 – 3pm
Belleville After School Program – 3:20 – 5:30 pm

SATURDAY APRIL 8:

ACTIVITIES: RC JR/SR HS: ACT TEST
Track meet sponsored by the Girl's Summer Basketball team,
9am – 12pm, RC Jr/Sr HS track
Forensics @Valley Heights, 8am, bus leaves at 6:30am
Resonance Performance, Patriots Project Dinner @
Commercial Bldg, Fairgorunds, 5:30pm

SUNDAY, APRIL 9:

ACTIVITIES: RC JR/SR HS: JH and HS Wrestling Club Supper, 4pm @Jr/Sr HS cafeteria
for wrestlers and parents

MONDAY APRIL 10:

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

LUNCH: Sweet & Sour Chicken, Seasoned Brown Rice, Fresh Broccoli & Cauliflower,
Cherry Tomatoes, Tropical Fruit, Milk Choice

ACTIVITIES: ADM: **Board of Education Meeting, 7:30pm, District Office**

RC JR/SR HS: Activity Period – Class Meetings
Science Fair – 5pm – 6:45pm

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

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REMINDER – MENUS & EVENTS are subject to change.

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NUTRITION TIP

6 Clues for spotting bad nutrition information

1. **They're trying to sell you something** – A web site, television infomercial, or person who is trying to sell something will say anything to get your money. They may be relying on flawed or incorrect information.
2. **They tell you that a certain food, nutrient, supplement or produce will solve all your problems.** There is no magic bullet. There are no superfoods. It's about your diet as a whole.
3. **They tell you that a certain food or nutrient is bad.** There are no bad foods or nutrients, either. Any food or nutrient can fit into a healthy diet. It all comes down to how much you eat and how often you eat it.
4. **It comes from someone other than a Registered Dietician.** Only Registered Dietitians (R.D.) have earned a bachelor's degree, completed an internship, and passed a registration exam, all on nutrition, A Registered Dietitian has been trained on how to separate good scientific studies and research from bad ones, and they rely only on the very best scientific studies for their nutrition advice.
5. **They say you don't need to change your diet in order to lose weight.** Permanent, Healthy weight loss requires changing your diet.
6. **They tell you that you can lose more than two pounds per week.** Losing more than two pounds per week is not healthy. And if you lose more than two pounds per week, you will likely gain it all back.