

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

**APRIL 8, 2019 – APRIL 15, 2019**

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

**HEALTHY TIP – STAY HYDRATED – drink water**

**MONDAY, APRIL 8:**

**BREAKFAST:** Pancakes with Syrup, Chicken Biscuit, Cereal, Oatmeal, Yogurt, Fresh Fruit  
**LUNCH:** Sloppy Joe or Hot Dog on Bun, French Fries – Entrée Salad – Cobb Salad, Blueberry Muffin – SIDES – Fresh Garden Salad, Mandarin Oranges  
**ACTIVITIES: ADM: Board of Education Meeting, 7:30pm, District Office**  
**RC JR/SR HS:** Activity Period – Class Meetings  
FCCLA Star Events -- Wichita  
Science Fair @RCHS, gymnasium, 5-6:45pm  
Art Show @RCHS, cafeteria, 5-6:45pm  
**EAST:** Belleville after School Program – 3:30pm – 5:30pm

**TUESDAY, APRIL 9:**

**BREAKFAST:** Western Egg “N” bacon Sandwich, Strawberry Shortcake Biscuits, Cereal, Oatmeal, Toast, Chilled Fruit  
**LUNCH:** Chicken and Waffles with Syrup or Beef Quesadilla – Entrée Salad – Mandarin Orange Chicken Salad, Italian Bread – SIDES – Fresh Garden Salad, Steamed Broccoli, Cinnamon Apples  
**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS  
FCCLA Star Events - Wichita  
HS Golf @Minneapolis, 3pm, bus leaves at 1pm  
HS Track @Smith Center, 3pm, bus leaves at 12:45pm  
HS Softball @Russell, 4pm, bus leaves at 12:30pm  
**EAST:** Belleville after School Program – 3:30pm – 5:30pm

**WEDNESDAY, APRIL 10:**

**BREAKFAST:** Peach Cobbler French toast Casserole with Syrup, Sausage Pancake on a Stick with Syrup, Cereal, Oatmeal, Yogurt, Fresh Fruit  
**LUNCH:** Chicken Patty or Baked Ham – Entrée Salad – Strawberry Chicken Salad – SIDES – Mashed Potatoes with Gravy, Green Beans, Pineapple, Hot rolls  
**ACTIVITIES: RC JR/SR HS:** Activity Period – FCCLA  
FCA following sports practice, 6pm, room 100  
Trooper – Ben Garber – speaker on texting – 10am – 11am, HS assembly  
**EAST:** Belleville after School Program – 3:30pm – 5:30pm

**THURSDAY, APRIL 11:**

**BREAKFAST:** Orange Roll, Breakfast Nachos, Cereal, Oatmeal, Cinnamon Toast, Chilled Fruit  
**LUNCH:** Ham and Cheese Sandwich or BBQ Bacon Cheeseburger Nachos – Entrée Salad – Taco Salad, Cornbread – SIDES – Fresh Garden Salad, Refried Beans, Pears  
**ACTIVITIES: RC JR/SR HS:** Activity Period – Science Club  
FFA Ag Tech Management @Beloit, 8am, bus leaves at 6:30am  
HS Softball vs. Concordia, 4:30pm, HERE, dismiss players at 2:40pm  
HS Baseball vs. Riley County, 4pm, HERE, dismiss players at 1:50pm  
**EAST:** Growth & Development Talk with Health Department and Dr. Walker  
4<sup>th</sup> and 5<sup>th</sup> Grade Girls, 5<sup>th</sup> Grade boys – 1pm  
Belleville after School Program – 3:30pm – 5:30pm

**FRIDAY, APRIL 12:**

**BREAKFAST:** Biscuits and Gravy with Sausage, Mini Waffles, Cereal, Oatmeal, Yogurt, Fresh Fruit

**LUNCH:** Fish Sandwich or Pepperoni Pizza – Entrée Salad – Chicken Bacon Ranch, Pineapple Muffin – SIDES – Fresh Garden Salad, Roasted Vegetables, Tropical Fruit

**ACTIVITIES: RC JR/SR HS:** Activity Period – HS Stuco  
JH Track @Minneapolis, 2pm, bus leaves at 12:15pm

**EAST:** Follow the Tuesday/Thursday schedule  
5<sup>th</sup> Grade Bread Baking, Cafeteria, 9am – 11am  
Belleville after School Program – 3:30pm – 5:30pm

**SATURDAY, APRIL 13:**

**ACTIVITIES: RC JR/SR HS:** Lion's Club ladies Night @Copper Room, 6pm  
FFA Chapter Banquet – 6pm, Jr/Sr High School cafeteria

**MONDAY APRIL 15:**

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

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

**ACTIVITIES: RC JR/SR HS:** Activity Period – FBLA Officers  
FFA Livestock Evaluation/Floriculture, Fairgrounds, 9am  
HS Golf, HERE, 11am

**EAST:** Belleville after School Program – 3:30pm – 5:30pm

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**REMINDER – MENUS & EVENTS are subject to change.**

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1400 Independence Avenue, SW  
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- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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