

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

APRIL 9, 2018 – APRIL 16, 2018

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

CHOICE -- Peanut/Butter/Jelly Sandwich

SUMMER MEALS for KIDS – NEK – KAP – Filling the Gap

Nek-Cap Inc. and the Kansas Food Bank are partnering together to provide summer meals for children in the community again this summer. This goes up to age 18. This program does not replace the Summer Food Program but is a supplement for families needing additional help. Applicants must meet income guidelines for the program. Please call Kaydee at 785-547-7136 and she will work to get you signed up. The deadline to apply is approaching fast. The sooner you can call her the better.

JUMP ROPE for HEART

Hello Families! Our school is proud to partner with the American Heart Association with Jump Rope for Heart. Over the next few weeks, our students will be having fun learning about their heart with the Scare Squad while raising money to help fund lifesaving research. Our school goal is to raise money to help save lives and in addition to helping the American Heart Association, our school can earn free PE equipment. Students can earn their own Scare Squad Monsters this year by using our new mobile app (download the Jump/Hoops App (App Store for iPhone or Google Play for Android) or by visiting heart.org/jump to sign up and raise money online! You can also go directly to the sign up by entering: <http://www2.heart.org/goto/eastelem>. Just for signing up to save lives, your students will earn a glow in the dark wristband! PLUS this year, the mobile app unlocks even more fun and the Scare Squad Monsters and wristband come to life! All donations are due on APRIL 16th. Thank you for helping a great cause!

TRACK REMINDER – Republic County High School will NOT be attending the Riley County track meet that was rescheduled to Monday, April 9.

REMINDER – the public is invited to attend the Science Fair and Art Show. Both are taking place on Monday, April 9th at the Jr/Sr High School.

LEAGUE FORENSICS CHAMPIONS – Congratulations to the RCHS Forensics Team. They captured the League title on Wednesday, April 4th. GREAT JOB to all the members.

MONDAY APRIL 9:

BREAKFAST: French toast Sticks, Syrup, Fresh Grapes, Juice Choice, Milk Choice

LUNCH: Pork Rib, Whole Grain Bun, Tossed Salad, Sliced Cucumbers, Baby Carrots, Sliced Peaches, Milk Choice

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

RC JR/SR HS: Activity Period – Class Meetings

Science Fair – 5pm, Jr/Sr High School Gymnasium

Art Show – 5pm, Jr/Sr High School Cafeteria

FFA District Banquet – 6:30pm

1st group leaves at approx.. 3pm

2nd group leave after school

EAST: 1st Grade My Plate

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

TUESDAY APRIL 10:**BREAKFAST:** Whole Grain Graham Snack Cracker, Yogurt Cup, Strawberries & Bananas,
Juice Choice, Milk Choice**LUNCH:** Beef & Noodles, Mashed Potatoes, Green Beans, Fresh Grapes, Milk Choice**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS
HS Golf @Minneapolis, 3pm, bus leaves at 12:30pm
HS Track @Smith Center, 3pm, bus leaves at 1pm
HS Softball vs. Russell, HERE, 4pm, dismiss softball at 2:33pm
EAST: Belleville After School Program – 3:20 – 5:30pm**WEDNESDAY APRIL 11:****BREAKFAST:** Whole Grain Bagel & Toppings, Fresh Apples, Juice Choice, Milk Choice**LUNCH:** Baked Chicken Drumstick, Fresh Broccoli, Cherry Tomatoes, Fresh Fruit, Milk Choice**ACTIVITIES: RC JR/SR HS:** Activity Period – FCCLA
LCNCK Reality Check @Concordia, leave 9:15am
After Prom meeting, 5:30pm, Jr/Sr HS Library
FCA Following sports practice @6pm
EAST: Kindergarten My Plate
Belleville After School Program – 3:20 – 5:30pm**THURSDAY APRIL 12:****BREAKFAST:** Scrumptious Coffee Cake, Mandarin Oranges, Juice Choice, Milk Choice**LUNCH:** Yummy Sloppy Joe, Whole Grain Bun, Roasted Potatoes, Baked Beans,
Fresh Apple, Milk Choice**ACTIVITIES: RC JR/SR HS:** Activity Period – Science Club
HS Softball @Concordia, 4:30pm, dismiss softball at 2:40pm
EAST: Jump for Heart during PE
Belleville After School Program – 3:20 – 5:30pm**FRIDAY APRIL 13:****BREAKFAST:** Breakfast Pizza, Sliced Peaches, Juice Choice, Milk Choice**LUNCH:** Turkey & Cheese Sandwich, Whole Grain Bun, Dark Green Lettuce,
Tomato Slice, Oved Baked Fries, Red Bell Pepper Strips, Fresh
Clementine, Milk Choice**ACTIVITIES: RC JR/SR HS:** Activity Period – Belleville Community PRIDE
For club officers and advisors
JH Track @Minneapolis, 2pm, bus leaves at 12pm
EAST: Follow the Monday/Wednesday schedule today
Belleville After School Program – 3:20 – 5:30pm**SATURDAY APRIL 14:****ACTIVITIES: RC JR/SR HS:** ACT Test
Lions Club Ladies Night @RCHS Cafeteria, 6pm
FCA Spring Conference, Rock Springs, bus leaves at 7am
Art Club Trip to Emporia, Glass Blowout, bus leaves 6am**SUNDAY, APRIL 15:****ACTIVITIES: RC JR/SR HS:** FCA Spring Conference, Rock Springs
Return approximately 6pm
FCCLA State conference in Wichita, leave in afternoon**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 – STUCO
FCCLA State conference, Wichita
FFA Livestock Evaluation @RCHS, 9am
FFA Floriculture, @RCHS, 9:30am
FFA Nursery @RCHS, 1pm
HS Golf, HERE, 11am
EAST: 1st Grade My Plate
Belleville After School Program – 3:20 – 5:30pm

USDA is an equal opportunity provider and employer.

REMINDER – MENUS & EVENTS are subject to change.

USD #109 is an equal opportunity employer. USD #109 does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or policies.

NON DISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices and employees and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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

This institution is an equal opportunity provider