

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

JANUARY 18, - JANUARY 25, 2021

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

HEALTH and WELLNESS – Maintain a healthy weight. Children and teenagers with obesity are more likely to have obesity as an adult. They are also at higher risk for other chronic illnesses, depression and bullying.

CALENDAR CHANGES –

Reminder HS BB at Minneapolis at 2pm on Saturday, January 16. Only the girls will be playing, the boys game has been cancelled. The Power Lifting Meet for January 16 has been cancelled. East Fun Night scheduled for January 28th has been cancelled. Addition, HS Wrestling at Red Cloud at 9am on Saturday, January 30th. Wrestling for High school and Junior High at Ellsworth on February 4th has been Cancelled. The NCAA Band @Ellsworth on February 8th has been cancelled. The 3rd Grade Pen Pal night which was to be on Tuesday, January 26th has been CANCELLED. On Saturday January 30 the Forensics tournament at Nemaha Central has been moved to Saturday, February 6th. The Forensics tournament that was scheduled at Lakeside for February 6th has been Cancelled.

CHANGE – The Smith Center basketball game that was scheduled for Friday, January 15 has been moved to Thursday, January 28th. This will allow both the girls and boys basketball teams to play. The high school boys game with Minneapolis has been rescheduled to Thursday, February 4, at 4:30pm at Minneapolis.

BASKETBALL CANCELLATIONS –

At this time the following games have been cancelled for the High School Boys Basketball team. Friday, January 15 vs. Smith Center, Saturday, January 16, vs. Minneapolis, and Tuesday, January 19, vs. Hillsboro. The girls are still scheduled to be in action on Saturday vs. Minneapolis and Tuesday at Hillsboro.

MONDAY, JAN. 18:

BREAKFAST: NO SCHOOL

LUNCH: NO SCHOOL

ACTIVITIES: RC JR/SR HS: Activity Period – NO SCHOOL –
NO SCHOOL -- Teachers In-service
EAST: NO SCHOOL – Teachers In-service

TUESDAY, JAN. 19:

BREAKFAST: Egg, Bacon and Cheese Bagel, Cereal with Yogurt, Chilled Fruit, Juice, Milk

LUNCH: Corn Dog, Mashed Potatoes with Gravy, Cheesy Broccoli – Cold Options –
Pizza Munchables, Chicken Bacon Ranch Salad, Italian Bread, Broccoli
SIDES – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Scholars Bowl
Scholars Bowl here at 4pm
HS BB @Hillsboro
Girls will play Hillsboro – game begins at 6pm
Girls bus leaves at 2:45pm
Boys games have been cancelled
EAST: Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, JAN. 20:

BREAKFAST: Donuts, Cereal with Muffin Square, Chilled Fruit, Juice, Milk

LUNCH: Chicken Patty with Hot Roll, Mashed Potatoes with Gravy, Corn – Cold Option –
Peanut Butter and Jelly, Sandwich with hard Boiled Egg, Chicken
Caesar Salad with Hot Roll, Baby Carrots – SIDES – Fresh Garden
Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Junior Class
EAST: Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, JAN. 21:**BREAKFAST:** Chicken Biscuit, Cereal with Cheese Stick, Chilled Fruit, Juice, Milk**LUNCH:** BBQ Rib on Bun, Tater Tots, Cinnamon Apples – Cold Option – Turkey and Cheese Sandwich, Cobb Salad with Fruit Muffin, Black Bean Dip
SIDES – Fresh Garden Salad, Chilled Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – NHS**EAST:** Belleville After School Program – 3:30pm – 5:30pm**FRIDAY, JAN. 22:****BREAKFAST:** Breakfast Sliders, Cereal with Muffin Square, Chilled Fruit, Juice, Milk**LUNCH:** Frito Pie, Baked Beans, Peaches – Cold Option – Crispy Chicken Wrap, Mandarin Orange Chicken Salad with Italian Bread, Celery – SIDES – Fresh Garden Salad, Chilled Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS

HS BB @Hillsboro

HS Girls will be playing Remington at Hillsboro HS

Games begin at 2pm, girls bus leaves at 10:45am

Boys bus leaves at 11am

Varsity Wrestling @Beloit, 2pm, bus leaves at 8am

EAST: Follow the Monday A Schedule

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

SATURDAY, JAN. 23:**ACTIVITIES: RC JR/SR HS:** HS Hillsboro tournament

Games will be played at RCHS

HS girls and Boys play Riley County, games being at 4pm

RCHS Forensics Tournament, 8am, HERE

MONDAY, JAN. 25:**BREAKFAST:** Donuts, Cereal with Muffin Square, Chilled Fruit, Juice, Milk**LUNCH:** Chicken Patty on Bun, Mashed Potatoes with Gravy, Green Beans – Cold Option – Ham and Cheese Sandwich, Italian Chef Salad, Focaccia Bread, Broccoli – SIDES – Fresh Garden Salad, Chilled Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS Executive

Sweetheart King and Queen Candidate Vote – 7:30am

FBLA Objective Testing - 8am

Junior High Winter Music/Vocal Concert, 7pm

EAST: Belleville After School Program – 3:30pm – 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.****USDA Nondiscrimination Statement**

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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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