

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

JANUARY 25, - FEBRUARY 1, 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 – Learn ways to manage stress.** You can't avoid stress, so you need to learn how to manage it. This will help you stay calm and be able to function in stressful situations.

**CANCELLATIONS** – The Sweetheart Dance scheduled for February 5<sup>th</sup> has been cancelled. The Daddy/Daughter Dance by the FCCLA scheduled for February 6<sup>th</sup> has been cancelled.

**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 with Focaccia Bread, Broccoli with Dressing – SIDES –  
Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS Executive  
FCCLA Star Event practice, 5-8pm  
Sweetheart Candidate Vote --- 8am  
FBLA Objective Test – Christian Church, 8am  
Winter Music/Vocal Concert – Junior High, 7pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**TUESDAY, JAN. 26:**

**BREAKFAST:** French Toast Sticks, Cereal with Yogurt, Chilled Fruit, Juice, Milk

**LUNCH:** Stromboli Pinwheel, Roasted Vegetables, Corn – Cold Option – Popcorn  
Chicken Wrap, Chicken Bacon Ranch Salad with Italian Bread,  
Mexican Corn Salad – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – Art Club  
HS BB vs. Southeast of Saline, HERE, 4:30pm  
(NO PENPAL NIGHT)  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**WEDNESDAY, JAN. 27:**

**BREAKFAST:** Mini Cinni's, Cereal with Muffin Square, Chilled Fruit, Juice, Milk

**LUNCH:** Chicken Patty with Hot Roll, Mashed Potatoes with Gravy – Cold Option – Turkey  
And Cheese Sandwich, Chicken Caesar Salad with Hot Roll, Cheesy Bean  
Dip – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – Potential NHS Inductees  
Final Sweetheart Vote, 8am  
FFA Food Science/Poultry, 8am, @NCK fairgrounds  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**THURSDAY, JAN. 28:**

**BREAKFAST:** Sausage Pancake on Stick, Cereal with Muffin Square, Chilled Fruit, Juice, Milk

**LUNCH:** Mozzarella Dunkers, Tater tots, Broccoli Cheese Soup – Cold Option – Peanut  
Butter and Jelly Sandwich with Cheese Stick, Cobb Salad with Fruit Muffin,  
Green Bean Salad – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – Class Meetings  
HS BB vs. Smith Center, HERE, 4:30pm  
(this is a rescheduled game from January 15)  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
(EAST FUN NIGHT HAS BEEN CANCELLED)

**FRIDAY, JAN. 29:**

**BREAKFAST:** Biscuits and Gravy with Sausage, Cereal with Cheese Stick, Chilled Fruit, Juice, Milk

**LUNCH:** Italian Pizza, Honey Baked Beans, Glazed Carrots – Cold Option – Nacho Munchable,  
Mandarin Orange Chicken Salad with Italian Bread, Baby Carrots – SIDES –  
Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – HS Stuco  
HS BB vs. Beloit, HERE 4:30pm (  
this game is rescheduled from Dec. 15)  
**EAST:** Follow the Tuesday B Schedule  
KANSAS Day  
Belleville After School Program – 3:30pm – 5:30pm

**SATURDAY, JAN. 30:**

**ACTIVITIES: RC JR/SR HS:** FFA – KSU Ag Ed Speech @Manhattan  
Forensics Tournament @Nemaha Central, 8am, bus leaves at  
ADDITION – HS Wrestling @Red Cloud, 9am, bus leaves at 5am

**MONDAY, FEB. 1:**

**BREAKFAST:** Cinnamon Stix, Cereal with Cheese Stick, Fruit Juice, Chilled Fruit, Milk

**LUNCH: Hot Option** – Cheeseburger, Oven Fries, Texas Pintos – Cold Option – Tuna Salad  
Wrap, Mexican Corn Salad, Italian Chef Salad with Focaccia Bread – SIDES  
Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FFA Officers  
7<sup>th</sup>/8<sup>th</sup> Wrestling Quad, HERE, 4:30pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
PTO Meeting, 7pm

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

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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](mailto:program.intake@usda.gov).

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