

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

FEBRUARY 8, 2021 – FEBRUARY 15, 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 – START A BEDTIME ROUTINE YOU CAN STICK TO: A lot of us struggle to turn off our minds before sleep. Our daily wellness tips include starting a wind-down bedtime routine doing things you enjoy so that you'll want to stick with it. Remove the digital screens at least an hour before bed, and read, do some yoga, take a bath, journal or relax in whatever way you see fit. Start at the same time every evening and your body will recognize the pattern and start getting into sleep mode so that you sleep more soundly through each night.

National FBLA Week, Feb. 7 – 13
National FCLA Week, Feb. 8 - 12

SNOW-BALL CANDIDATES

Congratulations to the following Seniors who were selected as Snow-Ball Candidates. The Queen and King will be announced between the Varsity Basketball games on Friday, February 5th.

QUEEN CANDIDATES

Katrina Ball
Ye Gang Lee
Kaycee Paredes
Charity Tabor

KING CANDIDATES

Quintin Beeson
Kyler Havel
Jacob Rice
Kaleb Talkington

CHANGES for School Calendar

Wrestling – Please note that on Saturday, Feb. 6th the HS Wrestlers will NOT be going to SW Public Schools in Bartley, Nebraska. Wrestling will be following a different format for post season this year. They will have district wrestling on February 6th at Beloit. Regional Wrestling will be held at Hillsboro on Friday, February 12. Sub State Wrestling will be held on Saturday, February 20th at Minneapolis. State Wrestling will be held on Saturday, February 27th at FHSU in Hays, Kansas.

Basketball – We have added a game with Sacred Heart for the boys that was cancelled earlier in the year. It will be held HERE at home on Thursday, February 11.

JR/High Music Concert – the Junior High Music Concert has been rescheduled to February 18 at 7pm at the Jr/Sr High School.

MONDAY, FEB. 8:

BREAKFAST: Pancake Bits, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

LUNCH: Chicken Patty on Bun, Broccoli Cheese Soup, Green Beans – COLD Option –
Ham and Cheese Roll Up, Baby carrots with Ranch, Italian Chef Salad with
Focaccia Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: ADM: **Board of Education Meeting, 7:30pm, district office**

RC JR/SR HS: Activity Period – Forensics

JH Wrestling @Southeast of Saline, 4:30pm, bus leaves at 1:15pm

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

TUESDAY, FEB. 9:

BREAKFAST: Tot N Egg Casserole with Muffin Square, Cereal with Muffin Square,
Chilled Fruit, Fruit Juice, Milk

LUNCH: Lasagna Roll Up with Italian Bread, Steamed Broccoli, Applesauce – Cold Option—
Peanut Butter and Jelly Sandwich with Cheese Stick, Crazy Corn Salad,
Chicken Bacon Ranch Salad with Italian Bread – SIDES – Fresh Garden
Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – NHS

HS BB vs. Clay Center, HERE, 4:30pm

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

WEDNESDAY, FEB. 10:**BREAKFAST:** Donuts, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk**LUNCH:** Chicken Patty with Hot Roll, Mashed Potatoes with Gravy, Glazed Carrots,
Cold Option – Popcorn Chicken Wrap, Fresh Cauliflower with Ranch,
Chicken Caesar Salad with Hot Roll – SIDES – Fresh Garden Salad,
Chilled Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – Jr Class Prom
FFA Public Speaking/Job Interview (Virtual) – 9am
EAST: Belleville After School Program – 3:30pm – 5:30pm**THURSDAY, FEB. 11:****BREAKFAST:** Mini Pancakes, Cereal with Cheese Stick, Chilled Fruit, Fruit Juice, Milk**LUNCH:** Chicken Nachos with White Queso, Refried Beans, Corn, -- Cold Option – Nacho
Munchables, BBQ Bean Salad, Cobb Salad with Fruit Muffin – SIDES – Fresh
Garden Salad, Chilled Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – Science Club
NCAA League Scholars bowl @Southeast of Saline, 4pm
HS BB (Boys) vs. Sacred Heart, HERE, (rescheduled game)
4:30 JV/C 6:30 Varsity
EAST: Belleville After School Program – 3:30pm – 5:30pm**FRIDAY, FEB. 12:****BREAKFAST:** Biscuits and Gravy with Sausage, Cereal with Muffin Square, Chilled Fruit
Fruit Juice, Milk**LUNCH:** Italian Pizza, Tater tots, Roasted Vegetables – Cold Option – Turkey Club Sub, Broccoli
With Ranch Mandarin Orange Chicken Salad with Italian Bread – SIDES –
Fresh Garden Salad, Chilled Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – HS Stuco
Regional Wrestling @Hillsboro, bus leaves at 9:30am
HS BB @Ellsworth, 4:30pm, bus leaves at 2pm
EAST: Follow the Thursday B Schedule
Belleville After School Program – 3:30pm – 5:30pm**SATURDAY, FEB.13:****ACTIVITIES: RC JR/SR HS:** State Scholars Bowl @Moundridge
HS JV Boys BB @Southeast of Saline, times TBA
JH Wrestling @Phillipsburg, 9am, bus leaves at 5am**MONDAY, FEB. 15:****BREAKFAST:** Fruit Biscuit, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk**LUNCH:** Corn Dog, Glazed Carrots, Blueberry Crumble – Cold Option – Popcorn Chicken,
Munchables, Black Bean Dip, Italian Chef Salad with Focaccia Bread**ACTIVITIES: RC JR/SR HS:** Activity Period – OPEN
JH Wrestling @Minneapolis, 4pm, bus leaves at 12:30pm
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,
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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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