

**REPUBLIC COUNTY U.S.D. NO. 109**  
**BREAKFAST AND LUNCH MENUS AND ACTIVITIES**  
FEBRUARY 15, 2021 – FEBRUARY 22, 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 – WAKE UP CONSISTENTLY –**

Humans are animals by nature, who reap the benefits of a healthy lifestyle and regular sleep pattern. One of our ways to wellness is to set an alarm for the same time every morning, regardless of schedule. Sleeping in can be tempting, but it's not worth the potential struggle to fall asleep at your regular bedtime the next night.

**CONGRATULATIONS to the Sweetheart – Queen and King – Ye Gang Lee and Kyler Havel.**

Other candidates were Katrina Ball, Kaycee Paredes, Charity Tabor, Quintin Beeson, Jacob Rice and Kaleb Talkington.

**Congratulations to the Wrestling Team** – The team placed 1<sup>st</sup> at District in Beloit on Saturday, February 6. 11 Wrestlers will be advancing to regional wrestling on Friday, February 12<sup>th</sup> at Hillsboro. GREAT JOB and Good Luck. We would also like to congratulate Coach Adam Polansky on being named outstanding coach at the District meet.

**MONDAY, FEB. 15:**

**BREAKFAST:** Fruit Biscuit, Cereal with Muffin Square, Chilled Fruit, Juice, Milk

**LUNCH:** Corn Dog, Glazed Carrots, Blueberry Crumble – Cold Options – Popcorn Chicken  
Munchable, Black Bean Dip, Italian Chef Salad, with Focaccia Bread –  
SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – Spanish Club  
Junior High Wrestling @Minneapolis, 4pm, bus leaves at 12:30pm  
“C” girl’s BB vs. Beloit, HERE, 6pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**TUESDAY, FEB. 16:**

**BREAKFAST:** Cinnamon Roll, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** MARDI GRAS – Chicken Nuggets with Focaccia Bread and Mardi Gras Sauce, Baked  
Potato Soup, Cheesy Broccoli – Cold Option – Ham and Cheese Sandwich,  
Corn Salsa, Chicken Bacon Ranch Salad with Italian Bread – SIDES – Fresh  
Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FBLA  
HS BB vs. Minneapolis, HERE, Senior Night  
Games begin at 4:30pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**WEDNESDAY, FEB. 17:**

**BREAKFAST:** Colby Egg Omelet with Muffin Square, Cereal with Muffin Square, Chilled Fruit,  
Fruit Juice, Milk

**LUNCH:** Chicken Patty with Hot Roll, Mashed Potatoes with Gravy, Glazed Carrots, Cold  
Option – Italian Sub, Baby Carrots with Ranch, Chicken Caesar Salad with  
Hot Roll – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FCCLA  
CCCC Cadaver Tour – 10:15am – return around 1pm  
FFA District Officer Interviews @Minneapolis, 9am,  
Bus leaves 7:30am  
**EAST:** Parent/Teacher Conference notes will go home today  
Belleville After School Program – 3:30pm – 5:30pm

**THURSDAY, FEB. 18:**

**BREAKFAST:** Sausage Biscuit, Cereal with Cheese Stick, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** BBQ Pork on Bun, Oven Fries, Baked Beans – Cold Option – Nacho Munchable,  
Fresh Cauliflower with Ranch Dressing, Cobb Salad with Fruit Muffin –  
SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – KAYS Executive  
**RESCHEDULED – Jr/High Music Concert – 7pm**  
FCA Meeting, following sports practice, 6:15pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**FRIDAY, FEB. 19:**

**BREAKFAST:** Breakfast Pizza, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Cheese Pizza Squares, Corn, Green Beans – Cold Option – Peanut Butter and  
Jelly Sandwich with Yogurt, Broccoli with Ranch, Mandarin orange  
Chicken Salad with Italian Bread – SIDES – Fresh Garden Salad,  
Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FFA  
HS BB @Sacred Heart, 4:30pm, bus leaves at 2:30pm,  
dismiss BB students at 2:15pm  
**EAST:** Follow the Monday A Schedule  
Belleville After School Program – 3:30pm – 5:30pm

**SATURDAY, FEB. 20:**

**ACTIVITIES: RC JR/SR HS:** Sub State Wrestling @Minneapolis, bus leaves at 8am

**MONDAY, FEB. 22:**

**BREAKFAST:** Chicken Biscuit, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Chili with Cornbread, Baked Potato, Glazed Carrots – Cold Option – Turkey Club  
Sub, Broccoli, Italian Chef Salad with Focaccia Bread – SIDES – Fresh  
Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – Spanish Club  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
East Site Council @East Elementary, 5pm

**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**

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, audiotape, 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](https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint), (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, 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:

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

This institution is an equal opportunity provider.