

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

FEBRUARY 22, 2021 – MARCH 8, 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 – GET INTO NATURE – Studies show that just a short, 20-minute nature walk can activate the parasympathetic nervous system, increase the feeling of happiness and decrease blood pressure. Head to a local park nearby, or a small plot of grass, take off your shoes and let your feet touch the earth so you can feel more grounded.

PLEASE NOTE – East Elementary will **not** be hosting a Book Fair this year.

Regional Wrestling – was held on Friday, February 12 at Hillsboro. The team finished with the Championship at the Regional meet. Congratulations to the Wrestlers who have qualified to move on to Sub-State. This will be held at Minneapolis on Saturday, February 20th. Qualifying in the top four at Minneapolis will advance the wrestler to the State Tournament on Saturday, February 27th at FHSU.

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 with Ranch, Italian Chef Salad with Focaccia Bread – SIDES
Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: ADM: Special board of Education Meeting, 6:30pm
Flex Room at the Jr/Sr HS

RC JR/SR HS: Activity Period – Spanish Club
**Rescheduled -- BB game with Minneapolis, 4:30pm start time
Senior Night**

EAST: Belleville After School Program – 3:30pm – 5:30pm
East Site Council @East Elementary, 5pm

TUESDAY, FEB. 23:

BREAKFAST: Pancake Bits, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk

LUNCH: Cheeseburger, Tater tots, Peach Crumble – Cold Option – Pizza Munchables, Baby
Carrots with Ranch, Chicken Bacon Ranch Salad, with Italian Bread – SIDES
Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – KAYS
6th – 10th Grade Field Trip
ACT Testing – Juniors

EAST: HS BB @Southeast of Saline, 4:30pm, bus leaves at
Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, FEB. 24:

BREAKFAST: Egg and Cheese Breakfast Sandwich, Cereal with Muffin Square,
Chilled Fruit, Fruit Juice, Milk

LUNCH: Chicken Patty with Hot Roll, Mashed Potatoes with Gravy, Green Beans – Cold Option
Peanut Butter and Jelly Sandwich with Cheese Stick, Green Bean Salad,
Chicken Caesar Salad with Hot Roll – SIDES – Fresh Garden Salad, Chilled
Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Class Meeting
Spring Sports Parent Meeting, 5:45pm at Jr/Sr HS building

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

THURSDAY, FEB. 25:

BREAKFAST: NO SCHOOL

LUNCH: NO SCHOOL

ACTIVITIES: RC JR/SR HS: NO SCHOOL/ Collaboration Work day
FFA – Breakfast and Leadership workshop, Cafeteria, 7am
Parent/Teacher Conferences – 12:30pm – 7:30pm
EAST: NO SCHOOL/Collaboration Work Day
Parent/Teacher Conferences – 10:30pm – 7:30pm

FRIDAY, FEB. 26:

ACTIVITIES: RC JR/SR HS: NO SCHOOL

HS Wrestlers advancing to State will leave at 5pm

EAST: NO SCHOOL

SATURDAY, FEB. 27:

ACTIVITIES: RC JR/SR HS: HS STATE Wrestling @FHSU, Hays, Kansas
Forensics Tournament @Minneapolis, 8am, (Virtual)
FFA Meats @Ellsworth, 9am,

MONDAY, MARCH 1:

BREAKFAST: TBA

LUNCH: TBA

ACTIVITIES: RC JR/SR HS: Activity Period –Art Club
First Day of Spring Sports Practice
JH Wrestling @Smoky Valley Middle School, 4:30pm
Forensics Practice, 7pm
Sub – State Basketball – boy’s quarterfinal
EAST: Belleville After School Program – 3:30pm – 5:30pm

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REMINDER – MENUS & EVENTS are subject to change.

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Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

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