

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

MARCH 1, 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 – LEAVE YOUR PHONE IN THE LIVING ROOM AT NIGHT**

It's hard enough to stop scrolling our phones throughout the day, but the blue light of phone screens is incredibly disruptive to our sleep cycle at night. If you're tempted to pick up your phone while you're in bed, leave your phone in the kitchen or living room when you head to bed to remove the temptation and get to sleep on time!

**STATE WRESTLING SEND OFF** – There will be a send-off for the Wrestlers going to State at 3:30pm at the SW door of the Jr/Sr High School building on Friday, February 26 at 3:30pm. Good luck to those competing at State, Quintin Beeson, Andrew Hubert, AJ Polansky, and Kaleb Talkington.

**REMINDER – Parent/Teacher Conferences will be held on Thursday, February 25. Teachers will have meetings during the morning and conferences will be 12:30pm – 7:30pm at the Jr/Sr High School. Conferences at East will be from 10:30am – 7:30pm. Students will not have classes on Thursday, February 25<sup>th</sup> or Friday, February 26<sup>th</sup>.**

**THURSDAY, FEB. 25:**

Teachers meetings in the morning at the buildings  
Parent Teacher Conferences at the buildings –  
EAST -- 10:30pm – 7:30pm      Jr/Sr HS – 12:30pm – 7:30pm  
STUDENTS are not in session at the buildings

**FRIDAY, FEB. 26:**

Wrestlers advancing to the State Tournament at FHSU  
Send off will be at 3:30pm at the SW door of the  
Jr/Sr High School building  
**NO SCHOOL – all buildings and district office closed**

**SATURDAY, FEB. 27:**

**ACTIVITIES: RC JR/SR HS:** HS STATE Wrestling @FHSU, Hays, Kansas  
Forensics Tournament @Sabetha, 8am - Virtual  
FFA Meats @Ellsworth, 9am,

**MONDAY, MARCH 1:**

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

**LUNCH:** Hot Dog on Bun, French Fries, Steamed Broccoli – Cold Option – Italian Sub,  
Broccoli with Ranch Dressing, Italian Chef Salad with Focaccia Bread  
**SIDES** – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period –Art Club  
First Day of Spring Sports Practice  
JH Scholars Bowl @Thayer Central, 4pm, bus leaves at 2:45pm  
JH Wrestling @Smoky Valley Middle School, 4:30pm,  
bus leaves at 1:15pm  
Sub – State Basketball – boy's quarterfinal  
Boys will be playing at Atchison/Maur Hill Academy – 6pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
East PTO Meeting, 7-8pm

**TUESDAY, MARCH 2:****BREAKFAST:** Egg, Bacon and Cheese Bagel, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk**LUNCH:** Beef Stew with Garlic Biscuit, Glazed Carrots, Cheesy Cauliflower Popcorn – Cold  
Option – Popcorn Chicken wrap, Baby Carrots with Ranch Dressing, Chicken  
Bacon Ranch Salad with Italian Bread – SIDES – Fresh Garden Salad, Chilled  
Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – Science Club  
JH Wrestling @ Bennington, 4pm, bus leaves at 1:30pm  
Sub – State Basketball – Girls quarterfinal, 7pm  
Girls will be playing Valley Heights at Valley Heights - 7pm  
**EAST:** Read Across America Day – Dr. Seuss's Birthday  
100<sup>th</sup> day of School  
Belleville After School Program – 3:30pm – 5:30pm**WEDNESDAY, MARCH 3:****BREAKFAST:** Peanut Butter and Chocolate Sweet Roll, 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 – NHS  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm**THURSDAY, MARCH 4:****BREAKFAST:** Donuts, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk**LUNCH:** Cheeseburger, Tater Tots, Roasted Vegetables – Cold Option – Ham and Cheese  
Roll Up, Crazy Corn Salad, Cobb Salad with Fruit Muffin – SIDES – Fresh  
Garden Salad, Chilled Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – HS Stuco/JH Stuco  
JH Scholars Bowl @ Ellsworth, 4pm, bus leaves at 2pm  
Moonlight Madness Show/Jazz & Show choir  
Held at the Blair Theatre at 7pm  
Sub State Basketball – Boys semifinals @ Valley Heights  
Boys will be playing if they WIN on Monday  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm**FRIDAY, MARCH 5:****BREAKFAST:** Mini Waffles, Cereal with Cheese Stick, Chilled Fruit, Fruit Juice, Milk**LUNCH:** Italian Pizza, Baked Beans, Peach Crumble – Cold Option – Fried Chicken Salad  
Sandwich, BBQ Bean Salad, Mandarin Orange Chicken Salad with  
Italian Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – FFA  
Sub-State Basketball – Girls semi finals @ Valley Heights  
Girls will be playing if they WIN on Tuesday  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
Follow the Tuesday B Schedule**SATURDAY, MARCH 6:****ACTIVITIES: RC JR/SR HS:** Sub State Basketball – Finals @ Valley Heights  
Girls Championship game 2pm  
Boys Championship game 5pm**MONDAY, MARCH 8:****BREAKFAST:** Pancake Bites, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk**LUNCH:** Corn Dog, Mashed Potatoes with Gravy, Blueberry Crumble – Cold Option –  
Ham and Cheese Sandwich, Baby Carrots with Ranch Dressing, 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 Picture  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

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

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

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