

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

MARCH 8, 2021 - MARCH 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 – HAVE AN EARLY DINNER – The best way to eat for weight loss and sustained energy is by eating a big breakfast, medium lunch and small dinner around 6pm. Eating a big breakfast gives you energy for the day and satisfies hunger cravings. Your metabolism functions best in the morning upon waking and slows down through the day, working at its slowest in the evening.

5TH and 6th Grade Families – We are excited for the students to perform their vocal and band concert on Tuesday, March 9th! Each family will receive two tickets to attend the scheduled performance in the East Elementary Gym. Please plan to present your ticket to enter the gym through Door B2. The tickets were attached to the letter that your child received about the performance. If you have a child in more than one program you will need tickets to each performance.

The schedule for Tuesday, March 9th:

- 6:00 pm - 5th Grade Band and Vocal
 - <https://youtu.be/oOfOTU1eQBY>
- 7:30 pm - 6th Grade Band and Vocal
 - <https://youtu.be/pmuKeHThLjY>

Each program will have safety procedures in place for our students, their families and our community.

- Masks are required. Temperature checks for all visitors
- 2 Tickets per family
- The links to watch the performances live will be posted on the USD 109 website in the live feed. www.usd109.org The performances will not be available after Tuesday.

Thanks to Mrs. Gallion, Mr. Meek and the classroom teachers for all of their hard work with the students and for coming up with a creative solution for our students and their families.

STATE Wrestling – Congratulations to the Wrestlers. All wrestlers competing medaled. Quintin Beeson and Kaleb Talkington placed 3rd, Andrew Hubert placed 4th and AJ Polansky 6th. GREAT JOB!!! We would also like to recognize Coach Adam Polansky who was named Coach of the year at the State Wrestling tournament.

DAYLIGHT SAVINGS TIME – Daylight Savings time will begin on Sunday, March 14th. Be sure and turn your clocks FORWARD one hour before going to bed on Saturday night, March 13th.

MONDAY, MARCH 8:

BREAKFAST: Pancake Bits, Cereal with Muffin Square – **SIDES** – 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

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

RC JR/SR HS: Activity Period – Forensics Picture

JH Track Parent Meeting, 5:45pm, cafeteria

FCA meeting, following sports practice, 6pm

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

TUESDAY, MARCH 9:**BREAKFAST:** Colby Egg Omelet with Muffin Square, Cereal with Muffin Square, Chilled Fruit
Fruit Juice, Milk**LUNCH:** Roast Beef Melt, Oven Fries, Glazed Carrots – Cold Option – Nacho Munchable,
Mexican Corn Salad, Chicken Bacon Ranch Salad with Italian Bread –
SIDES – Fresh Garden Salad, Chilled Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – Class Meetings
JH Scholars Bowl @Sacred Heart, 4pm, bus leaves at 2:15pm
Science Fair Work night – Flex Room, 6-8pm
5th Grade Music Program – East Elementary Gym, 6pm
6th Grade Music Program – East Elementary Gym, 7:30pm
Forensics practice, 7pm
EAST: Belleville After School Program – 3:30pm – 5:30pm
5th Grade Music Program – East Elementary Gym, 6pm
6th Grade Music Program – East Elementary Gym, 7:30pm**WEDNESDAY, MARCH 10:****BREAKFAST:** Sausage Pancake on a Stick, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk**LUNCH:** Chicken Patty with Hot Roll, Mashed Potatoes with Gravy, Steamed Broccoli –
Cold Options – Italian Sub, Broccoli with Ranch Dressing, Chicken Caesar
Salad with Hot Roll – SIDES – Fresh Garden Salad, Chilled Fruit, Milk**ACTIVITIES: RC JR/SR HS:** Activity Period – NHS Induction practice
School House Rock, Grades 6, 7, 8 @Blair Theatre, 1pm
FFA district star Interviews, after school
Forensics Tournament, Beloit, Virtual
Jostens Rep here to deliver Senior Items – 2pm
Booster Club Meeting, 6pm, Library
EAST: Belleville After School Program – 3:30pm – 5:30pm**THURSDAY, MARCH 11:****BREAKFAST:** Mini Bagels, Cereal with Cheese Stick, Chilled Fruit, Fruit Juice, Milk**LUNCH:** Chicken Nuggets with Italian Bread, Honey Baked Beans, Cheesy Cauliflower Popcorn,
Cold Options – Egg Salad Sandwich, Black Bean Dip, Cobb Salad with Fruit
Muffin – SIDES – Fresh Garden Salad, Chilled Fruit, Milk**ACTIVITIES: ADM: End of 3rd Quarter**
RC JR/SR HS: Activity Period – FBLA Officers
FCCLA – Connor's Cuddles – 5:30-9pm, FACS room
EAST: Belleville After School Program – 3:30pm – 5:30pm**FRIDAY, MARCH 12:****BREAKFAST: NO SCHOOL****LUNCH: NO SCHOOL****ACTIVITIES: RC JR/SR HS:** No school – ½ day Collaboration – ½ day Work Day
EAST: No School – ½ day Collaboration – ½ day work day**SATURDAY, MARCH 13** – Don't forget to turn your clocks **FORWARD** one hour before going to
bed on Saturday night.**SPRING BREAK – Monday, March 15 – Friday, March 19****School Building offices and District office will be closed****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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