

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

MARCH 15, 2021 - MARCH 29, 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 GRATITUDE JOURNAL** –One of the easiest mental health wellness tips focuses on daily reminders to show gratitude for our lives' positive aspects. Buy a notebook, write down three things each day you're grateful for, and repeat tomorrow.

**USD #109 – Teachers and Staff of the year – Congratulations**

PK – 6 – Teacher of the Year – Mrs. Ashley Pierson

7 – 12 – Teacher of the Year – Mr. Blake Erkenbrack

Non-Instructional Classified Staff of the Year – Mrs. Annalee Novak

Instructional Classified Staff of the Year – Mrs. Tahra Zenger

Congratulations to all and then you for those who nominated.

A huge thank you to the selection committee as they had a very tough job.

Brian McCartney, Allison Copple, Ashley Strait, Kim Bombardier, Alex Heeger

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

**SPRING BREAK – Monday, March 15 – Friday, March 19**

**The school buildings and district office will be closed during this week.**

CFL Qualifier – Saturday, March 20, Virtual

Kansas Art Show @Washington County – Saturday, March 20, Virtual

**MONDAY, MARCH 22:**

**BREAKFAST:** Soft Filled Bars, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Chicken Patty on Bun, Cheesy Broccoli, Texas Pintos – Cold Option – Ham and Cheese Roll Up, Broccoli with Ranch Dressing, Italian Chef Salad with Focaccia Bread, SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FCCLA Officers  
Cadaver Lab Tour, CCCC, bus leaves at 10:15am  
NHS Induction @RCHS Cafeteria, 7pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**TUESDAY, MARCH 23:**

**BREAKFAST:** French Toast Sticks, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Stromboli Pinwheel, French Fries, Glazed Carrots – Cold Option – Nacho Munchable, Crazy Corn Salad, Chicken Bacon Ranch Salad with Italian Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – BAG  
NO HS Dodgeball Tournament, CANCELLED  
NO Group Winter Sports Awards Banquet  
Each sport will be doing their awards program individually  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**WEDNESDAY, MARCH 24:**

**BREAKFAST:** Mini Cinni's, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Chicken Patty with Hot Roll, Mashed Potatoes with Gravy, Green Beans – Cold  
Option – Popcorn Chicken Wrap, Green Bean Salad, Chicken Caesar Salad with  
Hot Roll – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FCCLA  
FFA Dairy Judging @Linn, 9am, bus leaves at 7:30am  
Jr/Sr Site Council @RCHS, 5pm  
District Site Council @RCHS, 5:30pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
East Site Council @RCHS, 5pm  
District Site Council @RCHS, 5:30pm

**THURSDAY, MARCH 25:**

**BREAKFAST:** Sausage Pancake on a Stick, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** Chicken and Biscuits, Steamed Broccoli, Cinnamon Apples – Cold Option – Turkey and  
Cheese Sandwich, BBQ Bean Salad, Cobb Salad with Fruit Muffin – SSIDES –  
Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FBLA  
NHS “Juniors” – Salina Food Bank, bus leaves at 7:45am  
Jazz/Show Choir Concert @Cafeteria, 7:30pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**FRIDAY, MARCH 26:**

**BREAKFAST:** Biscuits and Gravy with Sausage, Cereal with Cheese Stick, Chilled Fruit, Juice, Milk

**LUNCH:** Italian Pizza, Roasted Vegetables, Corn – Cold Option – Peanut Butter and Jelly  
Sandwich with Yogurt, Baby Carrots with Ranch Dressing, Mandarin Chicken  
Salad with Italian Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – Art Club  
**EAST:** Report Cards go home with students  
Belleville After School Program – 3:30pm – 5:30pm

**SATURDAY, MARCH 27:**

**ACTIVITIES: RC JR/SR HS:** Forensics Tournament @Marysville, 8am,

**MONDAY, MARCH 29:**

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

**LUNCH:** Mozzarella Dunkers, French Fries, Steamed Broccoli – Cold Options – Turkey Jack  
Sandwich, BBQ Bean Salad, Italian Chef Salad with Focaccia Bread – SIDES  
Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period -- KAYS Executive  
Science Fair Work Night @Lobby Flex Room, 7pm – 9pm  
NO Junior High Dodgeball this year - CANCELLED  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
3<sup>rd</sup> Grade Music Program – 6pm, East Gymnasium  
4<sup>th</sup> Grade Music Program – 7:30pm, East Gymnasium

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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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