

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

MARCH 29, 2021 – APRIL 5, 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 – APPLY THE 2 MINUTE RULE – Procrastination is not just the rite of passage for distracted college students – we all procrastinate in our day to day lives, putting off little tasks that pile on each other quickly. An easy way to be more productive is the simple 2-minute rule. If you have a task you can finish in less than 2 minutes, do it right now. It's a great way to knock most everyday chores out in a short time and feel productive, which snowballs into more productivity. Break large tasks into smaller increments, and commit to 2 minutes at a time.

MONDAY, MARCH 29:

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

LUNCH: Mozzarella Dunkers, French Fries, Steamed Broccoli – Cold Option – 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, 7-9pm, Lobby Flex Room
EAST: Belleville After School Program – 3:30pm – 5:30pm
 3rd Grade Music Program @Blair Theatre, 6pm
 4th Grade Music Program @Blair Theatre, 7:30pm

TUESDAY, MARCH 30:

BREAKFAST: Donuts, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk

LUNCH: Chicken and Waffles, Applesauce, Cheesy Cauliflower Popcorn – Cold Option – Pizza
 Munchable, Broccoli with Ranch Dressing, Chicken Bacon Ranch Salad, with
 Italian Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Spanish Club
 FFA Livestock judging @Smith Center, 9am, bus leaves at 7am
 HS Baseball Double Header vs. Lincoln, HERE, 4pm
 Dismiss players at 2:40pm
 HS Softball @Sylvan Grove, 4:30pm, bus leaves at 1:30pm
 JH Track @Superior, 1pm, bus leaves at 11am
EAST: Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, MARCH 31:

BREAKFAST: Cherry Pie 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
 Ham and Cheese Roll Up, Fresh Cauliflower with Ranch Dressing, Chicken
 Caesar Salad with Hot Roll – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Stuco Election practice
 Fiber Arts Field Trip, bus leaves at 7am
 Stuco Elections – during Seminar
EAST: Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, APRIL 1:

BREAKFAST:

LUNCH:

ACTIVITIES: RC JR/SR HS: Activity Period – FBLA
 HS Track Meet – HERE, 3:30pm, dismiss participants after 7th Hour
 HS Baseball vs. Bennington, HERE, 4pm, dismiss players 2:40pm
 HS Softball vs. Minneapolis, HERE, 4:30pm, dismiss players 3pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, APRIL 2:

BREAKFAST: NO SCHOOL

LUNCH: NO SCHOOL

ACTIVITIES: RC JR/SR HS: NO SCHOOL – Good Friday

EAST: NO SCHOOL – Good Friday

SATURDAY, APRIL 3:

ACTIVITIES: RC JR/SR HS: Regional Ensembles & Solo Festival - Virtual

MONDAY, APRIL 5:

BREAKFAST:

LUNCH:

ACTIVITIES: RC JR/SR HS: Activity Period – Jr. Class Prom

FCA following sports practice, 6:15pm

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

East PTO Meeting, 7pm

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REMINDER – MENUS & EVENTS are subject to change.

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