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

APRIL 5, 2021 - APRIL 12, 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 – THINK CRITICALLY – We often run into the same stimuli day in and day out, making our brain function stagnant over time. To keep your brain building new neural pathways to improve function, try new activities. Use your non-dominate hand to perform a new task or play a simple brain puzzle app on your phone for a few minutes each day.

MONDAY, APRIL 5:

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

LUNCH: EAST – Chicken Patty on Bun, Green Beans, Peaches, Cold Option – Ham and

Cheese Roll Up, Italian Chef Salad with Focaccia Bread – SIDES – Fresh

Garden Salad, Chilled Fruit, Milk

Jr/Sr HS - Chicken Patty on Bun, Corn Dog, Green Beans, Peaches - Cold Option -

Turkey and Cheese Sandwich, Italian Chef Salad with Focaccia Bread -

SIDES – Fresh Garden Salad, Chilled Fruit, Milk

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

State Assessments –

8th Grade ELA Part 1 – 8-9am 6th Grade ELA Part 1 – 8-9am

FCA following sports practice, 6:15pm

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

East PTO Meeting, 7pm

TUESDAY, APRIL 6:

BREAKFAST: Cheesy Ham and Egg Casserole with Muffin Square, Cereal, Chilled Fruit, Juice, Milk

LUNCH: EAST – Grilled Cheese Sandwich, Oven Fries, Glazed Carrots – Cold Option –

Peanut Butter and Jelly Sandwich with Cheese Stick, Chicken Bacon Ranch Salad with Italian Bread – SIDES – Fresh Garden Salad, Chilled fruit, Milk

Jr/Sr HS - Bacon Pickle Grilled Cheese, BBQ Rib on Bun, Oven Fries, Glazed

Carrots – Cold Option – Peanut Butter and Jelly Sandwich with Cheese Stick, Chicken Bacon Ranch Salad with Italian Bread – SIDES – Fresh

Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – NHS

State Assessments

8th Grade ELA Part II – 8-9am 6th Grade ELA Part II – 8-9am

JV Golf @Smith Center, 1pm, bus leaves at 10:30am Varsity Golf @Washington, 1pm, bus leaves at, 11:15am Baseball @Southeast of Saline, 3pm, bus leaves at 12:30 pm Softball @Southeast of Saline, 3pm, bus leaves at 1pm

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

WEDNESDAY, APRIL 7:

BREAKFAST: Lemon Roll, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk **LUNCH: EAST** – Chicken Patty with Hot Roll, Mashed Potatoes with Gravy, Cheesy

Cauliflower Popcorn – Cold Option – turkey and Cheese Sandwich, Chicken Caesar Salad with Hot Roll – SIDES – Fresh Garden Salad,

Chilled Fruit, Milk

Jr/Sr HS – Chicken Patty with Hot Roll, Cheeseburger, Mashed Potatoes

With Gravy, Cheesy Cauliflower Popcorn – Cold Option – Buffalo Chicken Wrap, Chicken Caesar Salad with Hot Roll – SIDES – Fresh

Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – FFA Officers

Art Field Trip – Pit Fire (Senior Class) to Strnad Farm – leave 8am League Forensics (moved to Saturday 10th – will be Virtual)

FFA Aggie Days at CCCC, 9am, bus leaves at 7:45am

State Assessments -

 10^{th} Grade ELA Part 1 - 8-9am

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

THURSDAY, APRIL 8:

BREAKFAST: Mini Pancakes, Cereal with Cheese Stick, Chilled Fruit, Fruit Juice, Milk

LUNCH: EAST -- Super Nachos, Refried Beans, Corn – Cold Option – Pizza Munchable, Cobb

Salad with Fruit Muffin – SIDES – Fresh Garden Salad, Chilled Fruit, Milk **Jr/Sr HS** – Super Nachos, General Tsao Chicken with Rice, Refried Beans, Corn – Cold

Option – Cheesy Chicken Caesar Sandwich, Cobb Salad with Fruit Muffin –

SIDES – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – JH Stuco/KAYS Executive

State Assessments

7th Grade ELA Part 1 – 9:40-10:40am JH Track @Smith Center, 3pm, bus leaves at 1:30pm

Baseball @Clay Center, 4pm, bus leaves at 1:45pm

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

FRIDAY, APRIL 9:

BREAKFAST: Biscuits and Gravy with Sausage, Cereal with Muffin Square, Chilled Fruit, Juice, Milk

LUNCH: EAST – Italian Pizza, Steamed Broccoli, Cinnamon Apples – Cold Option –

Popcorn Chicken Wrap, Chef Salad with Italian Bread - SIDES --- Fresh

Garden Salad, Chilled Fruit, Milk

Jr/Sr HS - Italian Pizza, Chicken and Waffles, Steamed Broccoli, Cinnamon Apples

Cold Option - Popcorn Chicken Wrap, Chef Salad with Italian Bread -

SIDES – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – KAYS

State Assessments

8th Grade – Math – Part 1 – 8-9am

HS Track @Riley County, 3pm, bus leaves at 12:30pm

EAST: Follow the Thursday B Schedule

No School for this year's Kindergarten students

Visitation for Next Year's Kindergarten Class

(if you didn't receive information -please call

East Elementary at 527-2330)

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

SATURDAY, APRIL 10:

ACTIVITES: RC JR/SR HS: KAYS Girls Rock @RCHS, POSTPONED until Later

League Forensics - Virtual FFA Fruit Incentive Trip @Salina

Bus leaves 7:30am, return around 9pm

MONDAY, APRIL 12:

BREAKFAST: Sausage Pancake on a Stick, Cereal with Cheese Stick, Chilled Fruit, Juice, Milk

LUNCH: EAST – Corn Dog, BBQ Bacon Beans, Green Beans – Cold Option – Ham and Cheese Sandwich, Italian Chef Salad with Focaccia Bread – SIDES – Fresh Garden

Salad, Chilled Fruit, Milk

Jr/Sr HS – Corn Dog, Chicken Patty on Bun, BBQ Bacon Beans, Glazed Carrots – Cold Option – Ham and Cheese Sandwich, Italian Chef Salad with Focaccia Bread

SIDES - Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: ADM: Board of Education Meeting, 7:30pm, East Elementary

RC JR/SR HS: Activity Period – FCCLA

FCCLA State Leadership Conference & Star Events - Virtual

FFA District Banquet @Minneapolis, 5pm (only students and advisors)

Science Fair @RCHS 5pm – 6:45pm Art Show @RCHS 5pm – 6:45pm

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

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REMINDER - MENUS & EVENTS are subject to change.

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 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

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