

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

APRIL 12, 2021 – APRIL 19, 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 – PRACTICE YOUR POSTURE – With the 8+ hours we spend working each day, we can all use wellness tips for the workplace. Tighten your core and glutes and stand up straight, or sit up in your chair with a straight back as often as you can. Practicing good posture helps improve breathing, relieve back pressure and improve digestion.

DRIVERS EDUCATION – There will be a parent meeting on Drivers Education on Monday, April 19th at 5:30pm in the Jr/Sr High School Cafeteria. Class will be held in June. The student MUST be 14 by June 1st and have proof of citizenship to enroll in the class.

MONDAY, APRIL 12:

BREAKFAST: Sausage Pancake on a Stick, Cereal with Cheese Stick, Chilled Fruit, Fresh Fruit, 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 library**

RC JR/SR HS: Activity Period – FCCLA
FCCLA Leadership Conference -- virtual
FFA District Banquet @Minneapolis, 5pm, leave at 3:30pm
(Students and advisors only)

Science Fair and Art Show @Jr/Sr HS -- 5pm – 6:45pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

TUESDAY, APRIL 13:

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

LUNCH: **EAST** – Chicken Nuggets with Italian Bread, Cheesy Broccoli, Blueberry Crumble
Cold Option – Turkey Club Wrap, Chicken Bacon Ranch Salad with Italian Bread – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk

Jr/Sr HS – Chicken Nuggets with Italian Bread, Cheeseburger, Cheesy Broccoli, Blueberry Crumble – Cold Options – Turkey Club Wrap, Chicken Bacon Ranch Salad with Italian Bread – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – Science Club
State Assessments

10th Grade – Math, Part I – 8am -9am
7th Grade – ELA, Part II – 9:40am - 10:40am
10th Grade – ELA, Part II – 9:40am – 1040am
HS Track @Smith Center, 3pm, bus leaves at 1pm
JV Golf @Minneapolis, 3pm, bus leaves at 1pm
EAST: State Assessments for Grades 3, 4, 5
Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, APRIL 14:

BREAKFAST: Donuts, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

LUNCH: **EAST** – Chicken Patty with Hot Roll, Mashed Potatoes with Gravy, Broccoli Carrot Mix – Cold Option – Italian Sub, Chicken Caesar Salad with Hot Roll – **SIDES** Fresh Garden Salad, Chilled Fruit, Milk

Jr/Sr HS – Chicken Patty with Hot Roll, Corn Dog, Mashed Potatoes with Gravy, Broccoli Carrot Mix – Cold Options – Italian Sub, Chicken Cesar Salad with Hot Roll – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – HS Stuco
 State Assessments
 8th Grade – Math, Part II – 8am – 9am
 Art Club Field Trip to Halstead – bus leaves at 5am
 FFA Ag Mechanics – Beloit, bus leaves at 10am
EAST: State Assessments for Grades 3, 4, 5
 Belleville After School Program – 3:30pm – 5:30pm
 MTSS BLT Meeting, 3:45pm

THURSDAY, APRIL 15:

BREAKFAST: Sausage Biscuit, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk
LUNCH: **EAST** – Sloppy Joe, French Fries, Glazed Carrots – Cold Options – Nacho Munchable
 Cobb Salad with Fruit Muffin – SIDES – Fresh Garden Salad, Chilled Fruit, Milk
Jr/Sr HS – BBQ Bacon Chicken Sandwich, Cheeseburger, French Fries, Glazed Carrots,
 Cold Option – Pesto Chicken Pasta Salad, Cobb Salad with Fruit Muffin –
 SIDES – Fresh Garden Salad, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – FBLA Officers
 State Assessments
 10th Grade – Math, Part II – 9:40am – 10:40am
 JV Golf @ Washington County, 3pm, bus leaves at 1:15pm
 HS Softball vs. Concordia, HERE, 4:30pm, dismiss softball @ 3pm
 HS Baseball vs. Riley County, HERE, 4:30pm, dismiss @ 2:4pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, APRIL 16:

BREAKFAST: Breakfast Pizza, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk
LUNCH: **EAST** – Cheese Pizza Squares, Steamed Broccoli, Corn – Cold Options – Peanut
 Butter and Jelly Sandwich with Yogurt, Chef Salad with Italian Bread
 SIDES – Fresh Garden Salad, Chilled Fruit, milk
Jr/Sr HS – Cheese Pizza, Chicken Nachos with White Queso, Steamed Broccoli, Corn,
 Cold Options – Peanut butter and Jelly Sandwich with Yogurt, Chef Salad with
 Italian Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – Spanish Club
 State Assessments
 11th Grade – Science, Part I – 8am – 9am
 Art Field Trip – to Holton (glass blower) bus leaves at 5am
 JH Track @ Minneapolis, 2pm, bus leaves at 12pm
 Munden Bustin Out Spring Concert, 7pm,
 Tennis courts in Munden
EAST: Follow the Monday A Schedule
 Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, APRIL 17:

ACTIVITIES: RC JR/SR HS: GFWC of Kansas Art Show – Washington, KS (virtual)
 ACT
 FCA State Conference @ Salina, leave at 7am

MONDAY, APRIL 19:

BREAKFAST: Sausage Biscuit, Cereal with Yogurt, Chilled Fruit, Fruit Juice, Milk
LUNCH: **EAST** – Spaghetti and Meatballs with Focaccia Bread, Cheesy Cauliflower Popcorn,
 Pears – Cold Options – Turkey Club, Italian Chef Salad with Focaccia Bread,
 SIDES – Fresh Garden Salad, Chilled Fruit, Milk
Jr/Sr HS – Spaghetti and Meatballs with Focaccia Bread, Chicken Nuggets, Cheesy
 Cauliflower Popcorn, Pears – Cold Options – Turkey Club Sub, Italian Chef
 Salad with Focaccia bread, Broccoli with Ranch – SIDES – Fresh Garden Salad,
 Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – FCCLA Officers
State Assessments
11th Grade, Science, Part II – 9:40am – 10:40am
HS Golf, HERE, 11am, dismiss golf after 1st hour
HS Baseball @Beloit, 4pm, bus leaves at 1:45pm
FFA Livestock Eval @Clay Center, 9am, bus leaves at 7:30am
FFA Floriculture, Nursey @Clay Center
Parent Meeting on Drivers Education, 5:30pm, cafeteria
EAST: East Site Council, East Elementary, 5pm
Belleville After School Program – 3:30pm – 5:30pm

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, color, national origin, sex, disability or age in its programs or policies.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint), (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(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.

This institution is an equal opportunity provider.