

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

APRIL 19, 2021 – APRIL 26, 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 – INCORPORATE MINDFULNESS

In a nutshell, mindfulness is focusing on the present instead of running internal dialogue about the past or future. Being mindful throughout the day can help to relieve stress and improve emotional intelligence. Using mindfulness is one of the best wellness tips for today because you can practice it during any task – even washing the dishes can be done mindfully. Focusing on the sensations of the present moment can put our worries into perspective.

Drivers Education Parent Meeting – Reminder on Monday, April 19th at 5:30pm, they will be having an informational meeting at 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.

PROM – plans as of now – Promenade begins at 5pm on Saturday, April 24th. Each student will receive 4 tickets for the promenade. They are working on a livestream option so those who can't attend will be able to watch the promenade. The dinner will be held at 6:30pm in the cafeteria. The Dance will be from 8:30 – 11:30pm in the new gymnasium. The After prom party will be from Midnight to 3am in the old gym/cafeteria.

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 Option – Turkey Club Sub, 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
 FFA Livestock Eval @Clay Center, 9am, bus leaves at 7:30am
 Floriculture and Nursey @Clay Center
 HS Golf – HERE, 11am
 HS Baseball @Beloit, 4pm, bus leaves at 1:45pm
 Parent Drivers Education Meeting, 5:30pm, Jr/Sr HS cafeteria
 Belleville After School Program – 3:30pm – 5:30pm
 East Site Council, 5pm

TUESDAY, APRIL 20:

BREAKFAST: NO SCHOOL

LUNCH: NO SCHOOL

ACTIVITIES: RC JR/SR HS: Activity Period – **NO SCHOOL**
 Teacher Collaboration 8am – 10am
 HS Track – HERE, 10am
 HS Softball vs. Sacred Heart, HERE, 4:30pm
 NO SCHOOL
 Teacher Collaboration 8am – 10am
 Lions Club Track Meet, High school Track

WEDNESDAY, APRIL 21:

BREAKFAST: Cinnamon Roll, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

LUNCH: **EAST --** Chicken Patty with Hot Roll, Mashed Potatoes with Gravy, Glazed Carrots – Cold Option – Popcorn Chicken Wrap, Chicken Caesar Salad with Hot – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk

Jr/Sr HS – Chicken Patty with Hot Roll, Roast Turkey with Gravy, with Hot Roll, Mashed Potatoes with Gravy, Glazed Carrots – Cold Options – Popcorn Chicken Wrap, Chicken Caesar Salad with Hot Roll – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Jr. Class Prom
Site Council @Jr/Sr HS Library, 5pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, APRIL 22:

BREAKFAST: Egg and Cheese Breakfast Sandwich, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

LUNCH: EAST – Cheeseburger, French Fries, Steamed Broccoli – Cold Options – Pizza Munchables, Cobb Salad with Fruit Muffin – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk
Jr/Sr HS – Cheeseburger, BBQ Pork on Bun, Baked Potato, Green Beans – Cold Option – Ham and Cheese Sub, Cobb Salad with Fruit Muffin – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – FFA
Highland Art Show (Cancelled not attending)
HS Golf @Beloit, 3pm, bus leaves at 12:45pm
HS Track @Washington, 4pm, bus leaves at 2:30pm
Junior High Track @Rock Hills (Mankato) 3pm, bus leaves 1:30pm
(please note this is changed from date on calendar)
HS Softball vs. Sylvan Grove, HERE, 4:30pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, APRIL 23:

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

LUNCH: EAST -- Italian Pizza, Baked Beans, Corn – Cold Options – Peanut Butter and Jelly Sandwich with Cheese Stick, Chef Salad with Italian Bread – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk
Jr/Sr HS – Italian Pizza, Buffalo Chicken Mac and Cheese with Italian Bread, Baked Beans, Corn – Cold Option – Peanut Butter and Jelly Sandwich with Cheese Stick, Chef Salad with Italian Bread – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – FBLA
EAST: Follow the Tuesday B Schedule
Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, APRIL 24:

ACTIVITIES: RC JR/SR HS: State Solo & Small Ensembles
PROM – Promenade begins at 5pm (must have ticket to attend)
Banquet – 6:30pm, Cafeteria
Dance – 8:30pm – 11:30pm – new gymnasium
After Prom – Midnight – 3am – old gymnasium and cafeteria

MONDAY, APRIL 26:

BREAKFAST: Pancake Bites, Cereal with Cheese Stick, Chilled Fruit, Fruit Juice, Milk

LUNCH: EAST – Chicken and waffles, Glazed Carrots, Peach Crumble – Cold Options – Ham and Cheese Wrap, Italian Chef Salad with Focaccia Bread – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk
Jr/Sr HS -- Bacon Cheeseburger, Chicken Alfredo with Focaccia Bread, BBQ Bacon Beans, Peach Crumble – Cold Options – Ham and Cheese Sandwich, Italian Chef Salad with Focaccia Bread – **SIDES** – Fresh Garden Salad, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Art Club
HS Golf @Concordia, 3pm, bus leaves at 1:15pm
HS Baseball vs. Beloit, HERE, 4pm, dismiss players at 2:40pm
Forensics Showcase @Blair Theatre, 7pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

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REMINDER – MENUS & EVENTS are subject to change.

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Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

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