

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

APRIL 26, 2021 – MAY 3, 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 – TAKE STANDING BREAKS** – Many of us are bound to our work/student desks, leaving us with tight hips and weakened gluts. To keep your body well-balanced, take a break every hour to get up, stretch your legs and walk around.

**PRESCHOOL for 2021/2022 School year.** – MUST be 4 years old by August 31, 2021

On the website [usd109.org](http://usd109.org) you will find a preschool flyer and google form to complete if you are interested in sending your child to USD #109 preschool. This information is also available on the news feed of the USD #109 app as well as the Facebook page. It is 4 days a week, Monday – Thursday. Morning session is 8am – 11:30am and the afternoon session is 12pm – 3:30pm. Your child is welcome to eat breakfast before the morning session and should arrive between 7:30am – 7:45am if eating breakfast at school. The child has the option to eat lunch if attending the afternoon session. Children eating lunch will need to arrive at the school at 11:30am.

**PROM** – The promenade will begin at 5pm on Saturday, April 24<sup>th</sup>. Reminder you MUST have a ticket to attend. The promenade will be livestreamed for those of you who can't attend. The dinner will be at 6:30pm in the cafeteria. The dance will be held in the new gymnasium from 8:30pm – 11:30pm. The after prom party will be from midnight to 3am in the 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 Option –  
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 Option – 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, 4pm, dismiss baseball after 7<sup>th</sup> hour  
Forensics Showcase @Blair Theatre, 7pm – 9pm  
                  **EAST:** Belleville After School Program – 3:30pm – 5:30pm

**TUESDAY, APRIL 27:**

**BREAKFAST:** Colby Egg Omelet with Muffin Square, Cereal, Chilled Fruit, Fruit Juice, Milk

**LUNCH:**       **EAST** – BBQ Pork on Bun, Oven Fries, applesauce – Cold Option – Nacho Munchable,  
Chicken Bacon Ranch Salad with Italian Bread – SIDES – Fresh Garden  
Salad, Chilled Fruit, Milk

**Jr/Sr HS** – Cuban Sandwich, Pizza Grilled Cheese, Oven Fries, applesauce – Cold  
Option -- Thai Chili Noodle Salad, Chicken Bacon Ranch Salad with Italian  
Bread -- SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES:** **RC JR/SR HS:** Activity Period – BAG  
HS JV Golf @Smith Center, 1pm, bus leaves at 10:30am  
HS Softball vs Plainville, HERE, 3pm, dismiss softball after 6<sup>th</sup> Hour  
HS Track @Washington, 1pm, bus leaves at 11:30am  
Junior High Spring Concert, 7pm, gymnasium  
                  **EAST:** Elementary State Assessments  
Belleville After School Program – 3:30pm – 5:30pm  
BASP Board Meeting, 5:30pm

**WEDNESDAY, APRIL 28:**

**BREAKFAST:** Lemon Strawberry French Toast Casserole, Cereal with Yogurt, Chilled Fruit, Juice, milk

**LUNCH:** **EAST** – Chicken Patty with Hot Roll, Mashed Potatoes with Gravy, Green Beans – 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, Hamburger Steak with Hot Roll, Mashed Potatoes with Gravy, Green Beans – Cold Option – Italian Sub, Chicken Caesar Salad with Hot Roll – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – HS STUCO  
Gifted/Future City Field Trip to Lindsborg and Salina, leave 8:10am  
8<sup>th</sup> Grade to Tour, NCK Tech at Beloit, bus leaves 8am, return 1pm  
Senior Project presentations, 7:45am – 5:30pm, conference room  
NCAA Art Show, HERE @fairgrounds, 9am  
**EAST:** Elementary State Assessments  
Belleville After School Program – 3:30pm – 5:30pm

**THURSDAY, APRIL 29:**

**BREAKFAST:** Mini Pancakes, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

**LUNCH:** **EAST** – Hot Dog on Bun, BBQ Bacon Beans, Pineapple – Cold Option – Popcorn  
Chicken Munchable, Cobb Salad with Fruit Muffin – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**Jr/Sr HS** – BBQ Bacon Wrapped Hot Dog, Mozzarella Dunkers, Glazed Carrots, Pineapple – Cold Option – Club Sandwich, Cobb Salad with Fruit Muffin, SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – Art Club  
Senior Project presentations 7:45am – 5:30pm, conference room  
Senior Project Open House – 6-7pm, Gymnasium  
RCHS Golf Meet (postponed from April 19) – 11am  
Junior High Track, HERE, 12pm  
HS Golf – HERE – Rescheduled from April 20 – 11am  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**FRIDAY, APRIL 30:**

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

**LUNCH:** **EAST** – Cheese Pizza Squares, Steamed Broccoli, Corn – Cold Option – Peanut Butter and Jelly Sandwich with Yogurt, Chef Salad with Italian Bread – SIDES – Fresh Garden Salad, Chilled Fruit, Milk

**Jr/Sr HS** – Cheese Pizza Squares, Chicken Patty on Bun, Steamed Broccoli, Corn Cold Option – 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 – OPEN  
HS Track @Beloit, 10am, bus leaves at 7:45am  
HS JV Golf @Valley Heights, 3pm, bus leaves at 12:45pm  
HS Softball @Ellsworth, 4pm, bus leaves at 1:15pm  
Dismiss softball at 1pm  
HS Baseball @Sacred Heart, 4:30pm, bus leaves at 2pm  
Dismiss baseball at 1:45pm  
**EAST:** Follow the Wednesday A Schedule  
Belleville After School Program – 3:30pm – 5:30pm

**SATURDAY, MAY 1:**

**ACTIVITIES: RC JR/SR HS:** State Forensics -- Virtual

**SUNDAY, MAY 2:**

**ACTIVITIES: RC JR/SR HS:** FFA State CDE's – Virtual throughout the week

**MONDAY, MAY 3:**

**BREAKFAST:**

**LUNCH:**

**ACTIVITIES: RC JR/SR HS:** Activity Period – Science Club  
HS Golf @Salina, 9am, bus leaves at 6:30am  
Junior High Track @Beloit, 3pm, bus leaves at 1pm  
HS Spring Band/Vocal Concert, 7pm, gymnasium  
FFA State CDE's - Virtual  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm  
PTO – 7pm

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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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