

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

May 3 – May 10, 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 – CALL YOUR FRIENDS – Texting can feel convenient but it doesn't maintain emotional intimacy in the same way as a face-to-face conversation or phone call. You miss out on the subtle nuances of voice communication, and honestly it feels like a chore to keep up with texts constantly throughout the day. If you're feeling disconnected, use these quick wellness tips and give your friend a call instead of sending a text.

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

On the website 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. These children will need to arrive at 11:30am.

MONDAY, MAY 3:

BREAKFAST: Sausage Biscuit, Cereal with Cheese Stick, Chilled Fruit, Milk, Fruit Juice

LUNCH: **EAST** – Cheeseburger – Cold Option – Turkey Club Sub, Italian Chef Salad with Focaccia Bread – **SIDES** – Tater Tots, Fresh Garden, Chilled Fruit, Milk
Jr/Sr HS – Bacon Cheeseburger, Tacos – Cold Option – Turkey Club Sub, Turkey Chef Salad with Focaccia Bread – **SIDES** – Tater Tots, Fresh Garden Salad, Chilled Fruit, Fresh Fruit, Milk

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

TUESDAY, MAY 4:

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

LUNCH: **EAST** – Pig in a Blanket – Cold Option – Pizza Munchables, Chicken Bacon Ranch Salad with Italian Bread – SIDES – Glazed Carrots, Fresh Garden Salad, Chilled Fruit, Milk

Jr/Sr HS – Pig in a Blanket, Pepperoni Pizza – Cold Option – Thai Chili Noodle Salad, Chicken Bacon Ranch Salad with Italian Bread – SIDES – Glazed Carrots, Fresh Garden Salad, Chilled Fruit, Fresh Fruit, milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – KAYS
FCCLA Teacher Appreciation Breakfast
HS Track @Minneapolis, 3pm, bus leaves at 1pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, MAY 5:

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

LUNCH: EAST – Chicken Patty with Hot Roll – Cold Options – Peanut Butter and Jelly Sandwich with Cheese Stick – SIDES – Mashed Potatoes, Gravy, Green Beans, Fresh Garden Salad, Chilled Fruit, Milk

Jr/Sr HS – Chicken Patty with Hot roll, Glazed Ham with Roasted Pineapple with Hot Roll -- Cold Options – Peanut butter and Jelly Sandwich with Cheese Stick, Chicken Caesar Salad with Hot Roll – **SIDES** – Mashed Potatoes, Gravy, Green Beans, Fresh Garden Salad, Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES: **ADM:** D-Silt meeting at 4pm
RC JR/SR HS: Activity Period – BAG
Head Coaches Meeting @RCHS Library, 7:30am
Science Club Trip – Manhattan, leave 7:30am, return by 3:30pm
EAST: 4th Graders to Republic County Historical Museum, 1pm
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, MAY 6:

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

LUNCH: **EAST** – Lasagna Roll Up with Italian Bread – Cold Options – Ham and Cheese Roll Up, Cobb Salad with Fruit Muffin – **SIDES** – Cheesy Broccoli, Fresh Garden Salad, Chilled Fruit, Milk
Jr/Sr HS – Chicken Nuggets with Garlic Biscuit, Bacon/chicken/Ranch Pizza, Cold Options – Ham and Cheese Roll Up, Cobb Salad with Fruit Muffin, **SIDES** – Cheesy Broccoli, Fresh Garden Salad, Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – FFA Officers/JH Stuco
JH Track @Concordia, 2pm, bus leaves at 12:30pm
(this is a rain date trackmeet)
Varsity Golf @Ellsworth, 3pm, bus leaves at 12:15pm
FCA following sports practice at 6:15pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, MAY 7:

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

LUNCH: **EAST** – Super Nachos – Cold Options – Popcorn Chicken Wrap, Chef Salad with Italian Bread – **SIDES** – Refried Beans, Fresh Garden Salad, Chilled Fruit, Milk
Jr/Sr HS – Super Nachos, Chicken Tacos – Cold Options – Popcorn Chicken Wrap, Chef Salad with Italian Bread – **SIDES** – Refried Beans, Fresh Garden Salad, Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – FBLA
HS Track @Beloit, 3pm, bus leaves at 1:30pm
Baseball vs. Minneapolis, HERE, 4pm, dismiss at 7th Hour
Softball vs. Beloit, HERE, 4pm, dismiss softball after 7th Hour
EAST: Follow the Thursday B Schedule
Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, MAY 8:

ACTIVITIES: **RC JR/SR HS:** FFA Banquet @Commercial Building, 7pm

MONDAY, MAY 10:

BREAKFAST: Pancake Bits, Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

LUNCH: **EAST** – Chicken and Waffles – Cold Option – Ham and Cheese Sandwich, Italian Chef Salad with Focaccia Bread – **SIDES** – Baby Carrots, Ranch Dressing, Fresh Garden Salad, Chilled Fruit, Milk
Jr/Sr HS – Cheeseburger, BBQ Pork Nachos – Cold Options – Ham and Cheese Sandwich, Italian Chef Salad with Focaccia Bread – **SIDES** – Baby Carrots, Ranch Dressing, Fresh Garden Salad, Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES: **ADM:** **Board of Education Meeting @7:30pm at district office**
RC JR/SR HS: Activity Period – FCCLA
Baseball vs. Ellsworth, 4pm, HERE, dismiss baseball at 7th hour
FFA Greenhand Ag Mechanics, HERE, 4pm
CFL Forensics Fund raiser/Awards Night @Bel Villa, TBA
EAST: Belleville After School Program – 3:30pm – 5:30pm

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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.

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