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

May 24 – May 31, 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 – 3TIPS for a Healthier You – Keep doing these over the Summer break 1 – Exercise regularly, staying physically fit has numerous benefits, including boosting cardiovascular and muscular health and fighting disease

- 2 Eat Right
- 3 Maintain a Regular Sleep Schedule

SUMMER FOOD – USD #109 will be sponsoring the Summer Food Program for the 2021 Summer. Meals will be served on Monday – Friday, beginning on Monday, June 7^{th} and continue through Friday, July 30^{th} . Meals will be served at East elementary, 1811 O street. You are welcome to eat your meal onsite or meals will be available for takeout. Students age 1-18 meals are FREE. Adults are welcome to purchase a meal for \$4.00. We will be having a breakfast and lunch time this year. Breakfast will be served from 7:30am – 8:30am and lunch will be from 11:30am –12:30pm. Please call the district office at 785-527-5621 with questions or you may email Resi Valek at rvalek@usd109.org. USD #109 is an equal opportunity employer.

SUMMER HOURS - USD #109 Office

USD #109 District office will have the following Summer hours. Beginning on Tuesday, June 1^{st} – Friday, July 30^{th} , the district office will be open from 7:30am-5pm, Monday through Thursday. The office will NOT be open on Friday's during the month of June and July.

MONDAY, MAY 24:

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

LUNCH: EAST – Chicken Patty on Bun – Cold Options – Ham and Cheese Roll Up, Italian

Chef Salad with Focaccia Bread – SIDES – Texas Pintos, Fresh Garden

Salad, Chilled Fruit, Milk

Jr/Sr HS – Chicken Patty on Bun, Corn Dog – Cold Options – Ham and Cheese

Salad with Focaccia Bread – SIDES – Texas Pintos, Fresh Garden Salad,

Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity – OPEN

 8^{th} Grade Promotion – 7pm, Gymnasium

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

TUESDAY, MAY 25:

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

LUNCH: EAST – Cheeseburger – Cold Options – Peanut Butter and Jelly Sandwich with

Cheese Stick, Chicken Bacon Ranch Salad with Italian Bread - SIDES -

Tater Tots, Fresh Garden Salad, Chilled Fruit, Milk

Jr/Sr HS – Bacon Cheeseburger, Hot Dog on Bun, – Cold Options –

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

Fruit, Fresh Fruit, Milk

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

EAST: 2nd Grade field Trip – Rolling Hills Zoo

Kindergarten (Sheets/Strnad) – Field Trip – Cuba and Washington

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

BASP Board Meeting, 5:30pm

WEDNESDAY, MAY 26:

BREAKFAST: Mini Cinni's Cereal with Muffin Square, Chilled Fruit, Fruit Juice, Milk

LUNCH: EAST – Chicken Patty with Hot Roll – Cold Options – Turkey and Cheese Sandwich,

Chicken Caesar Salad with Hot Roll – SIDES – Mashed Potatoes, Gravy,

Lemon Butter Broccoli, Fresh Garden Salad, Chilled Fruit, Milk

Jr/Sr HS – Meatloaf with Hot Roll, Chicken Patty with Hot Roll,

Cold Options – Turkey and Cheese Sandwich, Chicken Caesar
 Salad with Hot Roll – SIDES – Mashed Potatoes, Gravy, Lemon Butter

Broccoli, Fresh Garden Salad, Chilled Fruit, Fresh Fruit, Milk

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

Baseball/Softball All League Meeting, Salina, 6:30pm

EAST: 1st Grade Field Trip – Rolling Hills Zoo

Kindergarten (Richecky/Wheeler) – Field Trip – Cuba and Washington

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

THURSDAY, MAY 27:

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

LUNCH: NO LUNCH SERVED

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

Academic Awards

Grades - 6 and 7 - 8am - 9:15am - new gym

Academic Awards

Grades -9, 10 and 11 - 9:30am - 11am - new gym

LAST DAY OF CLASSES - dismiss at 11:30am

EAST: Grade Cards go Home with Students

East End of Year Assembly, 10:30am

5th Grade Clap Out – 11:25am

LAST DAY OF CLASSES - dismiss at 11:30am

FRIDAY, MAY 28:

ACTIVITIES: RC JR/SR HS: National CFL - Virtual

Teachers Workday/Checkout

EAST: Teacher Workday/Checkout

SATURDAY, MAY 29:

ACTIVITIES: RC JR/SR HS: STATE Track – Wichita (held on one day this year)

National CFL - Virtual

MONDAY, MAY 31: -- Memorial Day – District office and school offices closed

June 7 – SUMMER SLAM will begin at East Elementary

District office begins Summer Hours – 7:30am – 5pm – Monday - Thursday

June 7 – Summer Food Program will begin and run through July 30th -- Monday - Friday

Classes will resume on Thursday, August 19 – Have a safe and fun Summer Break

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REMINDER – MENUS & EVENTS are subject to change.

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To file a program complaint of discrimination, complete the <u>USDA Program Discrimination</u>
<u>Complaint Form</u>, (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.

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