

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
SEPT. 13 – SEPT. 20, 2021

FOOD SERVICE – OPAA is our lunch provider
Milk is available with each meal

HEALTH and WELLNESS – EAT Plenty of Fruit and Vegetables – Vegetables and fruits are loaded with prebiotic fiber, vitamins, minerals and antioxidants, many of which have potent health effects. Studies Show that people who eat more vegetables and fruits tend to live longer and have a lower risk for heart disease, obesity and other illnesses.

FOOTBALL ANNOUNCEMENT TIME CHANGE – The high school football game vs. Ellsworth for this Friday, Sept. 10th will be played at 5pm at the Jr/Sr High School Field here in Belleville. Get out and show your support.

HOMECOMING – Sept. 17 -- Homecoming activities will be taking place on Friday, Sept. 17. The assembly will take place at the Jr/Sr High School gymnasium at 1:30pm. The parade will be in downtown Belleville at 2:30pm. Crowning festivities will be on the football field at 6:30pm. 7pm the Buffs will be playing Minneapolis. A Homecoming dance will follow the game in the cafeteria. Don't miss the FUN!! Congratulations to the candidates

QUEEN Candidates

Julia Blazek
Halle Hartner
Nicole Popelka
Paige Waite

KING Candidates

Blake Aurand
Brody Boyer
Jonathan Dyke
Carter White

MONDAY, SEPT. 13:

BREAKFAST: Breakfast Pizza, Cereal with Cheese Stick, Juice, Fruit, Milk – Grab n Go – Mini Donuts, Fruit, Juice, Milk

LUNCH: **EAST** – Chicken Strips with Italian Bread, Garden Salad, Corn, Fruit, Milk
JR/SR HS – Chicken Strips with Italian Bread, Garden Salad, Corn, Fruit, Milk

ACTIVITIES: ADM: Board of Education meeting, 7:30pm, district office

RC JR/SR HS: Activity Period – FBLA
JV FB @Ellsworth, 5pm, bus leaves at 2:30pm
Scholars Bowl practice, 5:45pm
Play Practice, 7pm

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

TUESDAY, SEPT. 14:

BREAKFAST: Pancake Sausage Griddle, Cereal with Muffin Square, Juice, Fruit, Milk – Grab n Go – Egg and Cheese Biscuit, Juice, Fruit, Milk

LUNCH: **EAST** – Chili Mac with Garlic Biscuit, Tater Tots, Garden Salad, Fruit, Milk
JR/SR HS – Chili Mac with Garlic Biscuit, Tater Tots, Garden Salad, Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Class Meeting
HS VB vs. Southeast of Saline, 5pm, HERE
Play Practice, 7pm

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

WEDNESDAY SEPT. 15:

BREAKFAST: Cinnamon Roll, Cereal with Cheese Stick, Juice, Fruit, Milk – Grab N Go – Mini French Toast, Juice, Fruit, Milk

LUNCH: **EAST** – Chicken Patty with Hot Roll, Mashed Potatoes, Gravy, Glazed Carrots, Fruit, Milk
JR/SR HS – Chicken Patty with Hot Roll, Hamburger Steak with Hot Roll, Mashed Potatoes, Gravy, Glazed Carrots, Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – **2 HOUR LATE START**
FFA Greenhand Conference @Minneapolis, 9am, bus leaves at 7am
Mrs. Dahl's class to HEAD START – 7:15 – 11:15am

EAST: 2 HOUR LATE START
MTSS – BLT, 3:45pm
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY SEPT. 16:

BREAKFAST: Donut, Cereal with Muffin Square, Fruit, Juice, Milk – Grab n Go – Cereal Bars with Yogurt, Fruit, Juice, Milk

LUNCH: EAST -- Super Nachos, Garden Salad, Refried Beans, Fruit, Milk
JR/SR HS – Super Nachos, Garden Salad, Texas Pintos, Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Homecoming practice
JH VB @Superior, 4:15pm, bus leaves at 2:30pm
JH FB @Superior, 5pm, bus leaves at 3:15pm
Cross Country @Smith Center, 4:30pm, bus leaves at 2pm
Play practice, 7pm

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

FRIDAY, SEPT. 17:

BREAKFAST: Biscuits and Gravy with Sausage, Cereal with Muffin Square, Fruit, Juice, Milk
Grab n Go – Banana Bread Squares, Juice, Fruit, Milk

LUNCH: EAST – Sloppy Joe, Garden Salad, Broccoli, Fruit, Milk
JR/SR HS – Sloppy Joe, Garden Salad, Broccoli, Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Homecoming practice
Homecoming assembly, 1:30pm
Homecoming parade – 2:30pm
Homecoming Coronation, 6:30pm
RCHS Football game vs. Minneapolis, 7pm
Homecoming Dance, 9pm

EAST: Homecoming Parade, 2:30pm (wear school colors)
Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, SEPT. 18:

ACTIVITIES: RC JR/SR HS: Play – set work day, 8am
RCHS Volleyball Tournament, Here, 9am

MONDAY, SEPT. 20:

BREAKFAST: French Toast Sticks, Cereal with Cheese Stick, Juice, Fruit, Milk – Grab n Go –
Mini Waffles, Juice, Fruit, Milk

LUNCH: EAST – Beef and Noodles with Focaccia Bread, French Fries, Garden Salad,
Fruit, Milk
JR/SR HS – Beef and Noodles with Focaccia Bread, French Fries, Garden Salad,
Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – Spanish Club
Jostens Presentation @RCHS Cafeteria, 8am
Sophomore class rings and Senior Graduation items
JV FB @Minneapolis, 5pm, bus leaves at 3pm
Play Practice, 7pm

EAST: 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](#), (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.