

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
OCT. 25 – NOV. 1, 2021

**FOOD SERVICE – Reminder your child has a choice of different
Entrées for lunches.
Milk is also available with each meal**

HEALTH and WELLNESS –EAT WHOLE EGGS – Despite the constant back and forth about eggs and health, it's a myth that eggs are bad for you because of their cholesterol content. Studies show that they have minimal effect on blood cholesterol in the majority of people, and they're a great source of protein and nutrients. Additionally, a review involving 263,938 people found that egg intake had no association with heart disease risk.

EAST PTO – Tailgate – The East PTO will be sponsoring a tailgate meal at the RCHS Football game on **Friday, October 22**. They will be serving from 5 – 7pm. They will be serving chili and hotdogs, all for a free will donation. Get out and show your support of the PTO and stay to cheer on the Buffs. They will be taking on Nemaha Central at 7pm. The Junior High Band will also be performing at halftime. FCCLA is sponsoring a pink out. LOTS of FUN!!!

BELLEVILLE CHAMBER OF COMMERCE – Trunk or Treat – This will be held in downtown Belleville on Friday, October 29th, from 4pm – 6pm.

SUBSTATE VOLLEYBALL – The girls Volleyball team will be playing their first game at 2pm against Herington, at Wabaunsee High School, GOOD LUCK!!!

REGIONAL CROSS COUNTRY – The Cross Country team will be in action at Hutchinson Prairie Ridge Cross Country Park. The girls will be running at 11:30am and the boys will be running at noon. GOOD LUCK to all the runners !!!

RED RIBBON WEEK – Red Ribbon week is celebrated October 25 – October 29

MONDAY, OCT. 25:

BREAKFAST: Waffles, Cereal with Cheese Stick, Fruit Juice, Fresh Fruit, Milk – Grab n Go – Egg, Bacon, and Cheese Bagel, Fruit, Juice, Milk

LUNCH: East – Chicken and Waffles, Syrup, Fresh Garden Salad, Steamed Broccoli, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Chicken and Waffles, Syrup or Chicken Patty on Bun, Fresh Garden Salad, Steamed Broccoli, Fresh Fruit, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – FCCLA Officers
JV FB @Southeast of Saline, 5pm, bus leaves at 2:15pm
Scholars Bowl @Minneapolis, bus leaves at 2:15pm
Junior High Boys Basketball parent meeting,
5:45pm in Mr. Erkenbrack's room
Junior High Girls Basketball parent meeting,
5:45pm at East Elementary Gym
Play practice, 7pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

TUESDAY, OCT. 26:

BREAKFAST: Blueberry Sweet Roll, Cereal with Muffin Square, Juice, Chilled Fruit, Milk – Grab N Go – Mini Donuts, Juice, Chilled Fruit, Milk

LUNCH: East – Hot dog Mac and Cheese with Italian Bread, Oven Fries, Fresh Garden Salad, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Buffalo Chicken Mac and Cheese with Italian Bread or Roasted Chicken Sandwich, Oven Fries, Fresh Garden Salad, Fresh Fruit, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – FCCLA
Scholars Bowl -- @Beloit, bus leaves at 2:15pm
Jr. High Night at the Wax Museum @RCHS Gym, 6-8pm
Play practice, 7pm

EAST: Wear RED Day
AM and PM preschool to the Pumpkin Patch
Belleville After School Program – 3:30pm – 5:30pm

NATIONAL FFA CONVENTION – National Convention will be held in Indianapolis, Indiana, from October 27 – October 30. Safe travels for our sponsors and students.

WEDNESDAY, OCT. 27:

BREAKFAST: Donut, Cereal with Cheese Stick, Juice, Fresh Fruit, Milk – Grab n Go – Soft Filled Cereal Bars, Fresh Fruit, Juice, Milk
LUNCH: East – Chicken Patty with Hot Roll, Mashed Potatoes, Gravy, Green Beans, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Chicken Patty with Hot Roll or Roast Turkey with Gravy with Hot roll, Mashed Potatoes, Gravy, Green Beans, Fresh Fruit, Chilled Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – HS Stuco
Picture Retakes at High School 8am
EAST: Picture Retakes at East (following Jr/Sr HS retakes)
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, OCT. 28:

BREAKFAST: Breakfast Pizza, Cereal with Muffin Square, Chilled Fruit, Juice, Milk – Grab n Go – Mini Cinn's, Juice, Chilled Fruit, Milk
LUNCH: East – BBQ Pork Nachos, Fresh Garden Salad, refried Beans, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – BBQ Pork Nachos or Bacon Cheeseburger, Fresh Garden Salad, BBQ Bacon Beans, Fresh Fruit, Chilled Fruit, Milk
ACTIVITIES: ADM: Parent Only assembly with John Calvert at 7pm, RCHS
RC JR/SR HS: Activity Period – FFA
John Calvert Assembly – in Gymnasium
High School – seminar and 6th Hour
6th, 7th and 8th Grades – 7th and 8th Hour
FCA Halloween Party – 6pm, following sports practice
Play practice, 7pm
EAST: 5th Grade students to Jr/Sr HS for Speaker, John Calvert
Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, OCT. 29:

BREAKFAST: Sausage Biscuit, Cereal with Cheese Stick, Fruit, Juice, Milk – Grab n Go – Cinnamon Toast Crunch, French Toast, Juice, Fruit, Milk
LUNCH: East – Chili, Fresh Garden Salad, Glazed Carrots, Fresh Fruit, Tropical Fruit, Milk
Jr/Sr HS – Chili or Pizza, Fresh Garden Salad, Glazed Carrots, Fresh Fruit, Tropical Fruit, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – KAYS
HS FB vs. (place and opponent TBA)
Play practice, 7pm
EAST: Follow the Tuesday “B” Schedule
Halloween Parade on the square, 8:20am
Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, OCT. 30:

ACTIVITIES: RC JR/SR HS: STATE Volleyball @Dodge City
STATE Cross Country @Sand Plum Nature Trail, Victoria, Kansas
Jr. High Halloween Dance @Jr/Sr HS cafeteria, 8-10pm
FFA Students return from National Convention – approx. 9pm

MONDAY, NOV. 1:

BREAKFAST: Donut, Cereal with Yogurt, Fruit, Juice, Milk – Grab n Go – Cereal Bars, Fresh Fruit, Juice, Milk
LUNCH: East – Lasagna Roll Up with Italian Bread or Chicken Bacon Ranch Salad with Italian Bread, Fresh Garden Salad, Steamed Broccoli, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Lasagna Roll Up with Italian Bread or Chicken Patty on Bun, Salad Station, Italian Bread, Fresh Garden Salad, Steamed Broccoli, Fresh Fruit, Chilled Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – BAG
Scholars Bowl @Lincoln,(CANCELLED)
Play practice, 7pm
EAST: Belleville After School Program – 3:30pm – 5:30pm
PTO Meeting, 7pm

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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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