

**REPUBLIC COUNTY U.S.D. NO. 109**  
**BREAKFAST AND LUNCH MENUS AND ACTIVITIES**  
**NOV. 15 – NOV. 22, 2021**  
**FOOD SERVICE – Reminder your child has a choice of different**  
**Entrées for lunches.**  
**Milk is also available with each meal**

**HEALTH and WELLNESS – LIMIT REFINED CARBS** – Not all carbs are created equal. Refined carbs have been highly processed to remove their fiber. They're relatively low in nutrients and may harm your health when eaten in excess. Most ultra-processed foods are made from refined carbs, like processed corn, white flour and added sugars. Studies show that a diet high in refined carbs may be linked to overeating, weight gain and chronic diseases like type 2 diabetes and heart disease.

**School Play** – The School Play “A Bad Year for Tomatoes” will be presented on Friday and Saturday, November 12<sup>th</sup> and 13<sup>th</sup> at 7pm, in the Jr/Sr High School Cafeteria. Get out and show your support of director Mrs. Darsha Enns and all the cast members.

**MONDAY, NOV. 15:**

**BREAKFAST:** Donut, Cereal with Cheese Stick, Chilled Fruit, Juice, Milk – Grab N Go – Mini Waffles, Juice, Chilled Fruit, Milk

**LUNCH:** East – Tacos or Chicken Bacon Ranch Salad with Italian Bread, Fresh Garden Salad, Refried Beans, Fresh Fruit, Chilled Fruit, Milk  
Jr/Sr HS – Tacos or Cheeseburger, Salad Station, Focaccia Bread, Fresh Garden Salad, Refried Beans, Fresh Fruit, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FBLA Officers  
First day of Winter Sports practice for High School  
FFA Leadership School @Salina, bus leaves 8am  
JH Boys BB@Washington County, 5pm, bus leaves at 4pm  
JH girl's BB @Washington County, 5pm, bus leaves at 3:30pm

**EAST:** Wichita Children's Theatre – Blair  
Pre-K, Kindergarten, 1<sup>st</sup> Grade, 9:30am  
Pres-K, 2<sup>nd</sup> Grade, 1pm  
Belleville After School Program – 3:30pm – 5:30pm

**TUESDAY, NOV.16:**

**BREAKFAST:** Egg, Bacon and Cheese Bagel, Cereal with Toast, Fresh Fruit, Juice, Milk – Grab n Go – Cereal Bars, Fresh Fruit, Juice, Milk

**LUNCH:** East – Beef and Noodles with Focaccia Bread or Chicken Caesar Salad with Focaccia Bread, Fresh Garden Salad, Baby Carrots, Fresh Fruit, Chilled Fruit, Milk  
Jr/Sr HS – Beef and Noodles with Focaccia Bread or Corn Dog, Salad Station with Italian Bread, Fresh Garden Salad, Baby Carrots, Fresh Fruit, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FBLA  
JV Scholarship Bowl @RCHS, 4pm

**EAST:** Wichita Children's Theatre, Blair  
5<sup>th</sup> Grade, 9:30am  
3<sup>rd</sup>, 4<sup>th</sup> Grade, 1pm  
Belleville After School Program – 3:30pm – 5:30pm

**WEDNESDAY, NOV. 17:**

**BREAKFAST:** Pumpkin French Toast Casserole, Cereal with yogurt, Fresh Fruit, Juice, Milk  
Grab n Go – Donut, Juice, Fresh Fruit, Milk

**LUNCH:** East – Chicken Patty with Hot Roll or Italian Chef Salad with Hot Roll, Mashed Potatoes, Gravy, Corn, Fresh Fruit, Chilled Fruit, Milk  
Jr/Sr HS – Chicken Patty with Hot Roll or BBQ Rib on Bun, Salad Station with Focaccia Bread, Mashed Potatoes, Gravy, Corn, Fresh Fruit, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period –FCCLA Officers  
Organizational Pictures 9:45am – 11:15 am (3<sup>rd</sup> & 4<sup>th</sup> Hours)

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

**THURSDAY, NOV. 18:**

**BREAKFAST:** Western Egg “n” Bacon Sandwich, Cereal with Cinnamon Toast, Chilled Fruit, Juice, Milk – Grab n Go – Cinnamon Roll, Juice, Chilled Fruit, Milk

**LUNCH:** East – Spaghetti and Meat Sauce with Italian Bread or Cobb Salad with Italian Bread, Fresh Garden Salad, Cheesy Cauliflower Popcorn, Fresh Fruit, Chilled Fruit, Milk  
Jr/Sr HS – Spaghetti and Meat Sauce with Italian Bread or Chicken Nuggets with Italian Bread, Salad Station with Italian Bread, Fresh Garden Salad, Cheesy Cauliflower Popcorn, Fresh Fruit, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – FCCLA  
JH Boys BB @Sacred Heart, 4:30pm, bus leaves at 2pm  
JH Girls BB vs. Sacred Heart, HERE, 4:30pm  
**EAST:** Belleville After School Program – 3:30pm – 5:30pm

**FRIDAY, NOV. 19:**

**BREAKFAST:** Biscuits and Gravy with Sausage, Cereal with Muffin Square – Grab n Go – Sausage Biscuit, Fresh Fruit, Juice, Milk

**LUNCH:** East – Pizza or BLTE Salad with Fruit Muffin, Fresh Garden Salad, French Fries, Ranch Dressing, Fresh Fruit, Chilled Fruit, Milk  
Jr/Sr HS – Pizza or Chicken Patty on Bun, Salad Station or Focaccia Bread, Fresh Garden Salad, French Fries, Ranch Dressing, Fresh Fruit, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – OPEN  
Fall Sports Awards Banquet – CANCELLED  
Each sport will be holding their own recognition  
**EAST:** Follow the Monday “A” Schedule  
Belleville After School Program – 3:30pm – 5:30pm

**MONDAY, NOV. 22:**

**BREAKFAST:** Egg and Cheese Breakfast Sandwich, Cereal with Muffin Square, Fresh Fruit – Juice, Milk – Grab n Go – Egg, Bacon and Cheese Bagel, Fresh Fruit, Juice, Milk

**LUNCH:** East – Chicken and Waffles, Syrup, or Chicken Bacon Ranch Salad with Italian Bread, Fresh Garden Salad, Steamed Broccoli, Fresh Fruit, Chilled Fruit, Milk  
Jr/Sr HS – Chicken and Waffles with Syrup, or Cheeseburger, Salad Station, with Italian Bread, Fresh Garden Salad, Steamed Broccoli, Fresh Fruit, Chilled Fruit, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – BAG  
NCAA League Vocal @SES, 1pm, bus leaves 10:45am  
JH Girls BB vs. Minneapolis, HERE, 4:30pm  
JH Boys BB @Minneapolis, 4:30pm, bus leaves at 3pm  
**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](mailto:program.intake@usda.gov).

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