

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
JAN. 17 – JAN. 24, 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 a variety of proteins! Protein is vital to children's growing brains and bodies! Protein isn't only obtained from chicken. Seafood, poultry, lean beef, eggs, dairy, beans, peas, nuts and seeds are all good protein sources and should all be included in a child's diet.

HILLSBORO BB tournament – The Hillsboro tournament will be held on Tuesday, Friday and Saturday, January 18th, 21st and 22nd. Games on Tuesday will be held at Tabor College. The girls will be playing Remington at 3pm and the guys will follow at 4:30pm playing Remington at Tabor College. The games on Friday will be girls playing at 3pm and the guys at 4:30pm. The location will be determined by if they win on Tuesday. With a win on Tuesday the games will be played at the Hillsboro High school. If the team loses on Tuesday, the games will be played at Tabor College. Games on Saturday will all depend on if they WIN or Lose on Tuesday and Friday. GOOD LUCK !!!

MONDAY, JAN. 17:

BREAKFAST: NO SCHOOL – In-service
LUNCH: NO SCHOOL – In-service
ACTIVITIES: RC JR/SR HS: Activity Period – NO SCHOOL – Inservice
Forensics Practice, 7pm
EAST: NO SCHOOL -- Inservice

TUESDAY, JAN. 18:

BREAKFAST: Donut, Cereal, Yogurt, Apple, Juice, Milk – Grab N Go – Mini Bagels, Fresh Fruit, Juice, Milk
LUNCH: East – Super Nachos or Chicken Caesar Salad, Focaccia Bread, Fresh Garden Salad Refried Beans, Fresh Fruit, Mandarin Oranges, Milk – Opa to Go – Nacho Munchable, Italian Bean Salad, Fresh Garden Salad, Mandarin Oranges, Milk
Jr/Sr HS – Super Nachos or Salad Station, Italian Bread or Cheeseburger, Fresh Garden Salad, Refried Beans, Fresh Fruit, Mandarin Oranges, Milk – Opa to Go – Chicken and Avocado Club Wrap, Italian Bean Salad, Fresh Garden Salad, Fresh Fruit, Mandarin Oranges, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – Potential NHS Inductees
HS BB @Hillsboro – games played at Tabor College,
Dismiss teams at 11:45am, bus leaves at noon
3pm – Girls vs. Remington @Tabor College
4:30pm – guys vs. Remington @Tabor College
Forensics practice, 7pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, JAN. 19:

BREAKFAST: Waffles with Syrup, Cereal, Muffin Square, Juice, Peaches, Milk – Grab N Go – Lemon Roll, Juice, Fresh Fruit, Milk
LUNCH: East- Chicken Patty with Hot Roll or Italian Chef Salad, Hot Roll, Mashed Potatoes, Gravy, Green Beans, Fresh Fruit, Pineapple, Milk – Opa to Go – Pizza Munchable, Green Bean Salad, Fresh Garden Salad, Pineapple, Milk
Jr/Sr HS – Chicken Patty with Hot Roll or Salad Station, Italian Bread or Pizza, Mashed Potatoes, Gravy, Green Beans, Fresh Fruit, Pineapple, Milk – Opa to Go Pizza Munchables, Green Bean Salad, Fresh Garden Salad, Fresh Fruit, Pineapple, Milk
ACTIVITIES: RC JR/SR HS: Activity Period – Class Meetings
FBLA District Objective testing, 7:30am – 11:15am, library
EAST: MTSS/BLT, 3:45pm
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, JAN. 20:

BREAKFAST: French Toast Sticks with Syrup, Cereal, Cinnamon Toast, Pineapple, Juice, Milk – Grab N Go – Cinnamon Streusel Crumb Cake, Juice, Chilled Fruit, Milk

LUNCH: **East** – Hot Dog on Bun or Cobb Salad, Italian Bread, French fries, Fresh Garden Salad, Fresh Fruit, Pears, Milk – Opaa to Go – Italian Sub, Baby Carrots, Ranch Dressing, Fresh Garden Salad, Pears, Milk

Jr/Sr HS – Hot Club Sandwich or Salad Station, Italian Bread or Jalapeno Jack Cheeseburger – French Fries, Fresh Garden Salad, Fresh Fruit, Pears, Milk
Opaa to Go – Popcorn Chicken Wrap, Baby Carrots, Ranch Dressing, Fresh Garden Salad, Pears, Fresh Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – HS Stuco
Forensics Practice, 7pm

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

FRIDAY, JAN. 21:

BREAKFAST: Biscuits & Sausage Gravy, Cereal, Cheese Stick, Strawberries, Juice, Milk
Grab N Go – Fruit Biscuit, Fresh Fruit, Juice, Milk

LUNCH: **East** – Italian Pizza or BLTE Salad, Fruit Muffin, Fresh Garden Salad, Roasted Vegetables, Fresh Fruit, Tropical Fruit, Milk – Opaa to Go – Ham and Cheese Roll Up, Potato Salad, Fresh Garden Salad, Tropical Fruit, Milk

Jr/Sr HS – Italian Pizza or Salad Station, Italian Bread or Chicken Patty on Bun, Fresh Garden Salad, Roasted Vegetables, Fresh Fruit, Tropical Fruit, Milk – Opaa To Go – Turkey and Cheese Sandwich, Potato Salad, Fresh Garden Salad, Fresh Fruit, Tropical Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – FFA Officers
HS Wrestling @Beloit, 2pm, bus leaves at 11 am
HS BB @Hillsboro – bus leaves at noon

If the girls WIN on Tuesday will play at 3pm at High School
If the girls Lose on Tuesday will play at 3pm at Tabor College

If the guys WIN on Tuesday will play at 4:30pm at High School

If the guys Lose on Tuesday will play at 4:30pm at Tabor College

Forensics Tournament set up – 3:30pm – 6pm

EAST: Follow the Wednesday A Schedule

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

SATURDAY, JAN. 22:

ACTIVITIES: RC JR/SR HS: RCHS Forensics Tournament – 8am
HS BB @Hillsboro, times TBA
HS Varsity Wrestling @Beloit, 9am

MONDAY, JAN. 24:

BREAKFAST: Pancakes with Syrup, Cereal, Toast with Margarine, Juice, Fresh Orange, Milk
Grab N Go – Mini Waffles, Juice, Chilled Fruit, Milk

LUNCH: **East** – Chicken and Waffles with Syrup or Chicken Bacon Ranch Salad, Italian Bread, Fresh Garden Salad, Corn, Fresh Fruit, Applesauce, Milk – Opaa to Go
Popcorn Chicken Munchable, Fresh Garden Salad, Corn Salsa, Applesauce, Milk

Jr/Sr HS – Chicken and Waffles with Syrup or Salad Station, Italian Bread or Cheeseburger, Fresh Garden Salad, Corn, Fresh Fruit, Applesauce, Milk – Opaa To Go – Bacon Turkey Avocado Club, Fresh Garden Salad, Corn Salsa, Fresh Fruit, Applesauce, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – BAG
League Scholars Bowl, HERE
RCJH Winter/Music/Vocal Concert, 7pm

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

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REMINDER – MENUS & EVENTS are subject to change.

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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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