

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
JAN. 24 – JAN. 31, 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 sodium. Kids should eat less than 1500 mg of sodium per day, a little more than ½ teaspoon. Too much sodium puts children at risk for high blood pressure, stroke, Heart disease and even kidney disease. Being vigilant about checking labels and avoid adding salt where possible, in favor of herbs and spices is an easy way to stay below the recommendation.

EAST ELEMENTARY BOOK FAIR – Be sure and mark your calendars for the upcoming Book Fair – It is scheduled for February 14 – February 18th from 7:45am to 4:00pm, with extended hours on Tuesday, February 15th and Thursday, February 17th until 6pm. Be sure and stop by the East Elementary library and get some great deals. All your purchases help out the school library. If you are attending, you need to enter through the main office doors.

MONDAY, JAN. 24:

BREAKFAST: Pancakes with Syrup, Cereal, Toast, Fruit Juice, Fresh Orange, Milk
Grab N Go – Egg, Bacon, and Cheese Bagel, Fresh Fruit, Juice, Milk

LUNCH: **East** – Chicken and Waffles with Syrup, or Chicken Bacon Ranch Salad, Italian Bread, Fresh Garden Salad, Corn, Fresh Fruit, Applesauce, Milk – Opa 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, Opa to Go – Bacon Turkey Avocado Club, Fresh Garden Salad, Corn Salsa, Fresh Fruit, Applesauce, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – BAG
Host – League Scholars Bowl, 4pm
Jr. High – Winter Music/Vocal Concert, 7pm

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

TUESDAY, JAN. 25:

BREAKFAST: Donut, Cereal, Cinnamon Toast, Apple, Juice, Milk – Grab N Go – Mini Waffles, Juice, Chilled Fruit, Milk

LUNCH: **East** – Cheeseburger, or Chicken Caesar Salad, Focaccia Bread, Tater tots, Fresh Garden Salad, Fresh Fruit, Mandarin Oranges, Milk – Opa to Go – Turkey Club Wrap, Fresh Garden Salad, Cucumber Slices, Ranch, Mandarin Oranges, Milk
Jr/Sr HS – Chicken Patty with Hot Roll, or Salad Station, Italian Bread, or Jalapeno Jack Cheeseburger, Mashed Potatoes, Gravy, Glazed Carrots, Fresh Fruit, Mandarin Oranges, Milk – Opa to Go – Turkey and Cheese Sandwich, Fresh Garden Salad, Cucumber Slices, Ranch, Fresh Fruit, Mandarin Oranges, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – Art Club
HS BB @Southeast of Saline, bus leaves at 1:30pm
JV girls will play 2 quarters at 4pm, JV boys follow
Varsity games will follow – girls at 6pm
Forensics Practice, 7pm

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

WEDNESDAY, JAN. 26:

BREAKFAST: Cherry Pie Sweet Roll, Cereal, Yogurt, Fruit Juice, Banana, Milk – Grab N Go – Cereal Bars, Fresh Fruit, Juice, Milk

LUNCH: **East** – Chicken Patty with Hot Roll, or Italian Chef Salad, Hot Roll, Mashed Potatoes, Gravy, Glazed Carrots, Fresh Fruit, Peaches, Milk – Opaa to Go – Pizza Munchables, Fresh Garden Salad, Baby Carrots, Ranch Dressing, Peaches, Milk

Jr/Sr HS – Chicken Patty with Hot Roll, or Salad Station, Italian Bread, or Jalapeno Jack Cheeseburger, Mashed Potatoes, Gravy, Glazed Carrots, Fresh Fruit, Peaches, Milk – Opaa to Go – Club Stacker, Fresh Garden Salad, Baby Carrots, Ranch Dressing, Fresh Fruit, Peaches, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – KAYS
Dane Hansen Art Show, leave @6:30am
FBLA Competition @Rock Hills, 8:30am, bus leaves at 7:30am
EAST: Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, JAN. 27:

BREAKFAST: Egg and Cheese Breakfast Sandwich, Cereal, Cheese Stick, Blueberries, Fruit Juice, Milk – Grab N Go – Mini Cinni’s, Juice, Chilled Fruit, Milk

LUNCH: **East** – BBQ Pork Nachos, or Cobb Salad, Italian Bread, Fresh Garden Salad, Texas Pintos, Fresh Fruit, Banana Orange Mix, Milk – Opaa to Go – Nacho Munchables, Fresh Garden Salad, Black Bean Dip, Banana Orange Mix, Milk
Jr/Sr HS – BBQ Pork Nachos or Salad Station, Italian Bread or Roasted Chicken Sandwich, Fresh Garden Salad, Texas Pintos, Fresh Fruit, Banana Orange Mix, Milk
Opaa to Go – Chicken and Avocado Club Wrap, Fresh Garden Salad, Black Bean Dip, Fresh Fruit, Banana Orange Mix, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – FBLA Officers
Varsity Wrestling @Garden City, leave 2pm
Forensics Practice, 7pm
EAST: East Family Fun Night, 6:30pm
Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, JAN. 28:

BREAKFAST: Egg and Cheese Biscuit, Cereal, Muffin Square, Grapes, Juice, Milk
Grab N Go – Apple Cinnamon Crumb Cake, Juice, Chilled Fruit, Milk

LUNCH: **East** – BBQ Pork Nachos, or Cobb Salad, Italian Bread, Fresh Garden Salad, Texas Pintos, Fresh Fruit, Banana Orange Mix, Milk – Opaa to Go – Nacho Munchable, Fresh Garden Salad, Black Bean Dip, Banana, Orange, Mix, Milk
Jr/Sr HS – Mini Corn Dogs, or Salad Station, Italian Bread, or Pizza, Fresh Garden Salad, Broccoli, Ranch Dressing, Fresh Fruit, Pineapple, Milk – Opaa to Go – Cheesy Chicken Caesar Sandwich, Fresh Garden Salad, Broccoli, Ranch Dressing
Fresh Fruit, Pineapple, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – FBLA
Forensics practice, 7pm
Varsity Wrestling @Garden City
EAST: Follow the Thursday “B” Schedule
Celebrate Kansas Day!— (January 29th)
Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, JAN. 29:

ACTIVITIES: **RC JR/SR HS:** Forensics Tournament @Sabetha, bus leaves @5:15am
Varsity Wrestling @Garden City
Wrestling @Red Cloud, 9am, bus leaves at 5am

MONDAY, JAN. 31:

BREAKFAST: Donut, Cereal, Yogurt, Apple, Juice, Milk – Grab N Go – Cereal Bars
Fresh Fruit, Juice, Milk

LUNCH: **East** – Cheeseburger Soup with Garlic Biscuit or Chicken Bacon Ranch Salad, Italian Bread, French Fries, Fresh Garden Salad, Fresh Fruit, Applesauce, Milk – Opaa to Go – Turkey and Cheese Sandwich, Broccoli, Ranch Dressing, Fresh Garden Salad, Applesauce, Milk
Jr/Sr HS – Bacon Pickle Grilled Cheese or Salad Station, Garlic Biscuit, or Pizza, French Fries, Fresh Garden Salad, Fresh Fruit, Applesauce, Milk – Opaa to go – Club Sandwich, Broccoli, Ranch Dressing, Fresh Garden Salad, Applesauce, Fresh Fruit, Milk

ACTIVITIES: RC JR/SR HS: Activity Period – NHS
JH Wrestling Quad, HERE, 4:30pm
(Beloit, Minneapolis, SE of Saline)

Forensics Practice, 7pm
EAST: Broadway Solos at East – 1pm
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.

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