

**REPUBLIC COUNTY U.S.D. NO. 109**  
**BREAKFAST AND LUNCH MENUS AND ACTIVITIES**  
**FEB. 21 – FEB. 28 2022**  
**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.

**REMINDERS**

**Monday, February 21<sup>st</sup> – School is in session**

**Thursday, February 24<sup>th</sup> == school will be in session during the morning, 8am – 11:30am**

**Parent/Teacher Conferences will be held in the afternoon/evening – 12:30pm – 7:30pm**

**Friday, February 25<sup>th</sup> – NO SCHOOL**

**ANOTHER CHANGE TO CALENDAR –**

**Monday, April 18 – In-service day for staff – NO CLASSES for students**

**NATIONAL FFA WEEK – Feb. 20 – Feb. 26**

**SWEETHEART** –Reminder Sweetheart is Friday, February 18<sup>th</sup>. The assembly will be at 3pm in the RCHS Gymnasium. The crowning will take place at 5:30pm, before the Varsity Girls game. The BASP will be sponsoring the Pancake Man. Pancakes will be served in the RCHS cafeteria from 5-7pm. Be sure and attend all the fun festivities and cheer for the BUFFS!!

**REMINDER** – the most up to date menus are found at <https://usd109.nutrislice.com>.

**MONDAY, FEB. 21:**

**UPDATED MENUS – <https://usd109.nutrislice.com>**

**BREAKFAST:** Pancakes, Cereal with Muffin Square, Fresh Orange, Juice, Milk – Grab N Go – Egg, Bacon, And Cheese Bagel, Fresh Fruit, Juice, Milk

**LUNCH:** **East** – Three Cheese Grilled cheese, or Chicken Bacon Ranch Salad, Italian Bread, Fresh Garden Salad, Cheesy Cauliflower Popcorn, Fresh Fruit, Peaches, Milk – Opaa to go – Popcorn Chicken Munchable, Fresh Cauliflower, Ranch, Fresh Garden Salad, Peaches, Milk  
**Jr/Sr HS** – Three Cheese Grilled Cheese or Salad Station, Italian Bread or Pizza, Fresh Garden Salad, Cheesy Cauliflower Popcorn, Fresh Fruit, Peaches, Milk – OPAA to Go – Popcorn Chicken Wrap, Fresh Cauliflower, Ranch Dressing, Peaches, Milk

**ACTIVITIES: ADM: BOARD OF EDUCATION MEETING, 6:30pm, district office**

**RC JR/SR HS:** Activity Period –FFA

JH Scholars Bowl @Southeast of Saline, 4pm, bus leaves 2pm

JH Wrestling @Beloit, 4pm, bus leaves 2pm

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

**TUESDAY, FEB. 22:**

**UPDATED MENUS – <https://usd109.nutrislice.com>**

**BREAKFAST:** Egg and Cheese Breakfast Sandwich, Cereal with Toast, Juice, Pineapple, Milk – Grab N Go – Zucchini Bread, Juice, Chilled Fruit, Milk

**LUNCH:** **East** – Lasagna Roll Up with Focaccia Bread or Chicken Caesar Salad, Focaccia Bread, Fresh Garden Salad, Baked Beans, Fresh Fruit, Applesauce, Milk – Opaa to Go – Nacho Munchable, Cheesy Bean Dip, Fresh Garden Salad, Applesauce, Milk

**Jr/Sr HS** – Lasagna Roll Up with Focaccia Bread, or salad Station, Focaccia Bread or Roasted Chicken Sandwich, Fresh Garden Salad, Baked Beans, Fresh Fruit, Applesauce, Milk – Opaa To Go – Cheesy Chicken Caesar Sandwich, Fresh Garden Salad, Applesauce, Milk

**ACTIVITIES: RC JR/SR HS:** Activity Period – Spanish Club

HS BB vs. Southeast of Saline, HERE, 4:30pm

Senior Night for Basketball and Cheerleaders

Forensics practice, 6:30pm – 8:30pm

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

**WEDNESDAY, FEB. 23:**

**UPDATED MENUS – <https://usd109.nutrislice.com>**

**BREAKFAST:** Donut, Cereal with Cheese Stick, Fruit Juice, Grapes, Milk – Grab N Go – Cereal Bars, Fresh Fruit, Fruit Juice, Milk

**LUNCH:** East – Chicken Patty with Hot Roll or Italian Chef Salad, Hot Roll, Mashed Potatoes, Gravy  
Corn, Fresh Fruit, Pears, Milk – Opaa to Go – Pizza Munchables, Potato Salad, Fresh Garden  
Salad, Pears, Milk  
Jr/Sr HS – Chicken Patty with Hot Roll or Salad Station, Hot Roll, or Bacon Cheeseburger,  
Mashed Potatoes, Gravy, Corn, Fresh Fruit, Pears, Milk – Opaa to Go – Thai Sweet Chili Chicken  
Wrap, Potato Salad, Pears, Milk

**ACTIVITIES:** RC JR/SR HS: Activity Period – NHS  
BLT Meeting @RCHS, 3:45pm  
Spring Sports Parents Meeting, 5:45pm

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

**THURSDAY, FEB. 24:**

**UPDATED MENUS – <https://usd109.nutrislice.com>**

**BREAKFAST:** Fruit biscuit, Cereal with yogurt, Strawberries, Fruit Juice, Milk – Grab n Go – Mini  
Cinni’s, Fruit Juice, Chilled Fruit, Milk

**LUNCH:** STUDENTS can take a OPAA meal to go  
Italian Sub, Baby Carrots, Ranch Dressing, Fresh Garden Salad, Apple, Milk

**ACTIVITIES:** RC JR/SR HS: Activity Period – HS Stuco  
FFA Breakfast -- 7am – 8:30am in the Cafeteria  
FFA Leadership Workshop, 8:30am  
**DISMISS SCHOOL – 11:30am**  
Parent/Teacher Conferences, 12:30pm – 7:30pm  
Wrestlers will leave for State at FHSU, Hays, 2pm

EAST: **DISMISS SCHOOL – 11:30am**  
Parent/Teacher Conferences, 12:30pm – 7:30pm

**FRIDAY, FEB. 25:**

**BREAKFAST:** NO SCHOOL

**LUNCH:** NO SCHOOL

**ACTIVITIES:** RC JR/SR HS: NO SCHOOL  
State Wrestling, FHSU, Hays, KS

EAST: NO SCHOOL

**SATURDAY, FEB. 26:**

**ACTIVITIES:** RC JR/SR HS: State Wrestling, FHSU, Hays, KS  
Forensics tournament @Valley Heights, 8am, bus leaves 6:15am  
FFA Meats @Ellsworth, 9am, bus leaves 7am

**MONDAY, FEB. 28:**

**UPDATED MENUS – <https://usd109.nutrislice.com>**

**BREAKFAST:** Sausage Pancake on a Stick, Cereal with Yogurt, Apple, Fruit Juice, Milk – Grab  
N Go – Cereal Bars, Fresh Fruit, Fruit Juice, Milk

**LUNCH:** East – Chicken Patty on Bun, or Chicken Bacon Ranch Salad, Italian Bread, Fresh  
Garden Salad, Broccoli Cheese Soup, Fresh Fruit, Cinnamon Apples, Milk – Opaa to  
Go – Popcorn Chicken Wrap, Broccoli, Ranch, Fresh Garden Salad, Cinnamon Apples, Milk  
Jr/Sr HS – Chicken Patty on Bun or Salad Station, Italian Bread or Roasted Chicken  
Sandwich, Fresh Garden Salad, Broccoli Cheese Soup, Fresh Fruit, Cinnamon Apples, Milk  
Opaa to Go – Thai Chili Noodle Salad, Baby Carrots, Ranch Dressing, Cinnamon Apples, Milk

**ACTIVITIES:** RC JR/SR HS: Activity Period – Forensics Picture  
FFA Poultry Judging @Riley County, 9am, bus leaves 7:15am  
JH Wrestling @Smoky Valley, bus leaves at 1pm  
JH Scholars Bowl @Thayer Central, 4pm, bus leaves 2:45pm  
RCHS Girls Basketball Sub-State – TBA  
First day of Spring Sports Practice

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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