

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
APRIL 4, 2022 – APRIL 11, 2022
FOOD SERVICE – Reminder your child has a choice of different
Entrées for lunches.
Milk is also available with each meal

HEALTH and WELLNESS –TIPS for Raising Healthy Kids

Do not restrict food	Keep healthy food at hand	Don't label foods as "Good" or "Bad"
Praise Healthy Choices	Don't nag about unhealthy choices	Never use food as a reward
Sit down to Family Dinners at Night		

USD #109 – KINDERGARTEN for 2022/2023 school Year. We will be having Kindergarten Visitation/Screening for next year's Kindergarten students on Friday, April 8th. Your child must be five years old on or before August 31, 2022 to attend Kindergarten. If you didn't receive a letter on signing up your child, please contact East Elementary at 785-527-2330. Reminder – This year's Kindergarten students will NOT have classes on Friday, April 8th.

MONDAY, APRIL 4:

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

BREAKFAST: Pancakes, Cereal with muffin Square, Fresh Orange, Juice, Milk – Grab N G –
Mini Cinni's Fresh Fruit, Juice, Milk

LUNCH: East – Chicken Alfredo with Italian Bread, Chicken Bacon Ranch Salad, 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, Salad Station with Italian Bread, Bacon Cheeseburger, Pizza, Fresh Garden Salad, Cheesy Cauliflower Popcorn, Fresh Fruit, Peaches, Milk, Opaa to Go – Crispy Chicken Wrap, Fresh Cauliflower, Ranch, Peaches, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – Science Club
FCCLA State Leadership Conference & Star Events @Wichita
FFA District Banquet @Minneapolis, bus leaves at 3:30pm
Science Fair work night @RCHS Flex Room, 6:30pm
EAST: Belleville After School Program – 3:30pm – 5:30pm
East PTO Meeting, 7pm

TUESDAY, APRIL 5:

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

BREAKFAST: Egg and Cheese Breakfast Sandwich, Cereal, Pineapple, Juice, Milk – Grab N Go – Cereal Bars, Fresh Fruit, Juice, Milk

LUNCH: East – Smothered Burrito, Chicken Caesar Salad, 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 – Smothered Burrito, Salad Station with Italian Bread, Chicken Patty on Bun, Pizza, Fresh Garden Salad, Baked Beans, Fresh Fruit, Applesauce, Milk – Opaa to Go – Cheesy Chicken Caesar Sandwich, Cheesy Bean Dip, Applesauce, Milk

ACTIVITIES: **RC JR/SR HS:** Activity Period – HS Stuco
State Assessments, 7th Grade ELA Part 1 – 9:40am – 10:40am
(Feight (Stone), Scott rooms)
HS JV Golf @Smith Center, 1pm, bus leaves 11am
HS Varsity Golf @Washington, 1pm, bus leaves at 11:30am
HS Baseball vs. Southeast of Saline, HERE, 4pm,
Dismiss team at 2:45pm
HS Softball vs. Southeast of Saline, HERE, 4:30pm
Dismiss team at 2:45pm
Science Fair work night @RCHS Flex Room, 6:30pm
EAST: State Assessments – 5th Grade, ELA I, 8:50am – 10:00am (Reedy, Cole)
State Assessments – 3rd Grade, ELA I, 12:15pm – 1:30pm
(Pierson, Marston)
State Assessments – 4th Grade, ELA I, 1:45pm – 2pm (Strait, Strnad)
Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, APRIL 6:**UPDATED MENUS – <https://usd109.nutrislice.com>**

- BREAKFAST:** Donut, Cereal with Cheese Stick, Grapes, Juice, Milk – Grab N Go – Breakfast burrito, Fresh Fruit, Juice, Milk
- LUNCH:** East – Chicken Patty with Hot Roll, 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, Salad Station with Italian Bread, Jalapeno Jack Cheeseburger, Pizza, Mashed Potatoes, Gravy, Corn, Fresh Fruit, Pears, Milk – Opaa to Go – Club Stacker, Potato Salad, Pears, Milk
- ACTIVITIES:** **ADM:** **D-SILT Meeting @BOE Office**
RC JR/SR HS: Activity Period – FBLA Officers
Senior Project Presentation for Mentors and Judges, 7:40am
League Forensics @Salina, bus leave 1:45pm
State Assessments, 7th Grade ELA Part II – 9:40am – 10:40am
(Feight (Stone), Scott rooms)
State Assessments, 10th Grade, ELA Part II – 9:40am-10:40am
(Aurand, Hubert)
State Assessments, 6th Grade, Math I – 12pm – 1:30pm (Grove)
EAST: State Assessments, 5th Grade, ELA II, 8:50am – 10am, (Reedy, Cole)
State Assessments, 3rd Grade, ELA II, 12:15pm – 1:30pm
(Pierson, Marston)
State Assessments, 4th Grade, ELA II, 1:45pm – 2pm (Strait, Strnad)
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, APRIL 7:**UPDATED MENUS – <https://usd109.nutrislice.com>**

- BREAKFAST:** Cheesy Ham and Egg Casserole, Cereal, Banana, Juice, Milk – Grab N Go – Egg and Cheese Biscuit, Fresh Fruit, Juice, Milk
- LUNCH:** East – Chili with Cinnamon Roll, Cobb Salad, Italian Bread, Tater Tots, Fresh Garden Salad, Fresh Fruit, Orange Pineapple Mix – Opaa to Go – Turkey Club Wrap, Broccoli, Ranch, Fresh Garden Salad, Orange Pineapple Mix, Milk
Jr/Sr HS –Chili with Cinnamon Roll, Salad Station with Italian Bread, Spicy Chicken Sandwich, Pizza, Tater tots, Fresh Garden Salad, Fresh Fruit, Orange Pineapple Mix, Milk – Opaa to Go – Thai Sweet Chili Chicken Wrap, Broccoli, Orange Pineapple Mix, Milk
- ACTIVITIES:** **RC JR/SR HS:** Activity Period – Spanish Club/JH Stuco
Senior Project Presentations for Mentors and Judges, 7:40am
Senior’s Art Field Trip – 7am
FFA – Ag Tech Management/Horse @Beloit NCKTC, 9am, bus leaves 7am
State Assessments – 8th Grade, Science I – 8:50am – 9:50am
(Joy, Scott, Erkenbrack)
State Assessments, 6th Grade, Math II – 12pm – 1pm (Grove)
JH Track @Smith Center, 3:30pm, bus leaves at 1pm
Forensics Practice, 6:30pm – 8:30pm
Senior Project Senior Showcase, 6:30pm – 8pm – Open to the public
EAST: Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, APRIL 8:**UPDATED MENUS – <https://usd109.nutrislice.com>**

- BREAKFAST:** Biscuits & Sausage Gravy, Cereal with Yogurt, Strawberries, Juice, Milk – Grab N go – Banana Bread Squares, Fresh Fruit, Juice, Milk
- LUNCH:** East – Italian Cheese Pizza, BLTE Salad, Fruit Muffin, Fresh Garden Salad, baby Carrots, Ranch, Fresh Fruit, Strawberry Banana Mix, Milk
Jr/Sr HS – Chicken Quesadilla, Salad Station with Italian Bread, Cheeseburger, pizza, Fresh Garden Salad, Baby Carrots, Fresh Fruit, Strawberry Banana Mix, Milk – Opaa to Go – Club Sandwich, Baby Carrots, Strawberry Banana Mix, Milk
- ACTIVITIES:** **RC JR/SR HS:** Activity Period – FCCLA Officers
State Assessments – 8th Grade, Science II, 8:50am – 9:50am
(Joy, Scott, Erkenbrack)
State Assessments – 10th Grade, Math I, 8:50am – 9:50am
(Aurand, Hubert)
HS Track @Riley County, 3pm, bus leaves at 12:30pm
HS Baseball vs. Clay Center, 4pm, HERE, dismiss team 2:45pm
EAST: Follow the Wednesday A Schedule
Kindergarten – Visitation/Screening for next year’s Kindergarten
Students, call 785-527-2330 to set up a time
NO SCHOOL for this year’s Kindergarten students
Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, APRIL 9:

RC JR/SR HS: Lady Buffs Youth Track meet – 8am – 1pm
ACT Test
Regional Ensembles & Solo Festival – CCCC, bus leaves 8am

MONDAY, APRIL 11:

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

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

LUNCH: East – Chicken Nuggets with Italian Bread, Chicken Bacon Ranch Salad with Italian
Bread, Fresh Garden Salad, Steamed Broccoli, 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, Salad Station with Italian Bread, Spicy Chicken
Sandwich, Pizza, Fresh Garden Salad, Steamed Broccoli, Fresh Fruit, Cinnamon Apples,
Milk – Opaa to Go – Thai Chili Noodle Salad, Fresh Garden Salad, Cinnamon Apples, Milk

ACTIVITIES: ADM: Board Meeting, 7:30pm -- @East Elementary

RC JR/SR HS: Activity Period – Jr. Class Prom
FFA Livestock, Nursery, Floriculture @Clay Center, bus leaves 7am
RCHS Science Fair @RCHS gymnasium, 5pm – 6:45pm
RCHS Art Show @RCHS Cafeteria, 5pm – 6:45pm

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. This institution is an equal opportunity provider.