

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
OCTOBER 26 – NOVEMBER 2, 2026
FOOD SERVICE – Reminder your child has a choice of different
Entrées for lunches.
Milk is also available with each meal

MENUS can be found on the school's web page. Or download MY School Menus in the mobile app in the iTunes Store or the Google Play store. <http://myschoolmenus.com>

HEALTHY TIP: -- NUTRITION – School age children need consistent daily habits to support their growth, learning and mood. Some ideas for ages 6-12.

Sleep – aim for 9 to 12 hours of quality sleep each night. Set a calm bedtime routine and turn off electronic device at least an hour before sleep.

Physical activity --- Get at least 60 minutes of moderate-to-vigorous physical activity every day, including active play, sports or walking.

SUB STATE VOLLEYBALL – Congratulations to the Lady Buffs Volleyball team. They have advanced to play in Sub-State on Saturday, October 24th. They will be playing Ellinwood at 2pm in Ellinwood. With a win they will play the winner of Phillipsburg and Smith Center. With a Sub-State Championship, the team will advance to the State Tournament in Salina on Thursday and Saturday, October 29th and 31st. GOOD LUCK – GO BUFFS!

SUB STATE CROSS COUNTRY – The Cross-Country teams will be competing here in Belleville at the Country Club. The races will begin at 10:30am on Saturday, October 24th. We will be hosting two girls and two guys races to advance to State in Wamego on Saturday, October 31st. The Boys are in the Boys A division and the Girls are in the Girls A division. GOOD LUCK to the teams. GO BUFFS!

PASSING OF BUFFALO SPIRIT – Friday, October 23. This will be held on the football field at 6:10pm. It is for the kindergarten students and the Seniors.

BELLEVILLE TRUNK OR TREAT – This will be held in downtown Belleville on Friday, October 30th, from 4-6pm. Downtown businesses that are participating will be marked with pumpkins in their window. Vehicles can park on the square to hand out candy.

MONDAY, OCT. 26:

MENUS:

<http://myschoolmenus.com>

BREAKFAST: Both – French Toast Sticks, Assorted Cereal, Toast, Chilled Fruit, Fruit Juice, Milk

LUNCH: East – Iowa Style Loose Meat Sandwich, Corn Dog, Italian Sub, Chef Salad w. Italian Bread, Fresh Garden Salad, French Fries, Fresh Fruit, Chilled Fruit, Milk

Jr/Sr HS – Iowa Style Loose Meat Sandwich, Corn Dog, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Italian Bread, Fresh Garden Salad Bar w. Italian Bread, Fresh Garden Salad, French Fries, Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES: **RC: JR/SR HS:** Activity Period – FCCLA
High School Girls BB meeting during lunch in the front flex room
Scholars Bowl Practice, 5:45pm
Play Rehearsal, 7-9pm

EAST: Red Ribbon Week – Wear Red
Belleville After School Program – 3:30pm – 5:30pm

TUESDAY, OCT. 27:

MENUS:

<http://myschoolmenus.com>

BREAKFAST: Both – Scrambled Eggs w. Bacon, Toast, Assorted Cereal, Mini Bagels, Tater Tots, Chilled Fruit, Milk

LUNCH: East – BBQ Bacon Cheeseburger, Nachos, Tenders w. Garlic Toast, Nacho Munchable, Taco Salad, Cornbread, Fresh Garden Salad, Texas Pintos, Fresh Fruit, Chilled Fruit, Milk

Jr/Sr HS – BBQ Bacon Cheeseburger, Nachos, Tenders w. Garlic Toast w. Seasoned Fries, Pizza Bar, Sub Bar, Garden Fresh Salad Bar and Cornbread, Fresh Garden Salad, Texas Pintos, Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES: **RC: JR/SR HS:** Activity Period – FBLA Officers
FBLA District Rally @Washington, leave 7:50am return around 2:30pm
Varsity Scholars Bowl @Beloit, leave 2:20pm
Play Rehearsal – Blair Theatre – 7-9pm

EAST: Red Ribbon Week – Wear Sports Themed clothes
Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, OCT. 28:**MENUS:**<http://myschoolmenus.com>

- BREAKFAST:** Both – Sausage Pancake on a Stick, Assorted Cereal w. Yogurt, Waffles, Chilled Fruit, Fruit Juice, Milk
- LUNCH:** East – Chicken Patty w. Hot Roll, Grilled Cheese Sandwich, Peanut Butter and Jelly Sandwich, Mozzarella Cheese Stick, Cobb Salad w. Hot Roll, Fresh Garden Salad, Mashed Potatoes, Gravy, Corn, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Chicken Patty w. Hot Roll, Grilled Cheese Sandwich, Seasoned Fries, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Hot Roll, Mashed Potatoes, Gravy, Corn, Chilled Fruit, Fresh Fruit, Milk
- ACTIVITIES:** **RC: JR/SR HS:** Activity Period – HS STUCO
Inspire – Business Camp, FHSU - 6:30am – 4pm
EAST: Red Ribbon Week – Wear your favorite crazy socks
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, OCT. 29:**MENUS:**<http://myschoolmenus.com>

- BREAKFAST:** Both – Biscuits & Gravy w. Sausage Patty, Assorted Cereal, Toast, Sausage Biscuit, Chilled Fruit, Fruit Juice, Milk
- LUNCH:** East – Spaghetti & Meat Sauce w. Garlic Bread, Cheeseburger, Turkey and Cheese Sub, Sweet N Sour Salad w. Garlic Bread, Fresh Garden Salad, Roasted Vegetables, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Spaghetti & Meat Sauce w. Garlic Bread, Cheeseburger, Seasoned Fries, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Garlic Bread, Fresh Garden Salad, Roasted Vegetables, Chilled Fruit, Fresh Fruit, Milk
- ACTIVITIES:** **RC: JR/SR HS:** Activity Period – FBLA Teacher Breakfast
HS FB Game – TBA
STATE VOLLEYBALL – Pool Play – Salina (with a Sub State Championship)
FBLA Teacher appreciation breakfast, Teachers' lounge, 7:15am – 8am
To go boxes are available
Play Rehearsal – Blair Theatre – 7-9pm
EAST: Red Ribbon Week – Wear your School Colors/Gear
Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, OCT. 30:**MENUS:**<http://myschoolmenus.com>

- BREAKFAST:** Both – Spooky Spiderweb Waffles, Assorted Cereal, w. Muffin Square, Chilled Fruit, Fruit Juice, Milk
- LUNCH:** East – Pepperoni Pizza, Hot Dog, Crispy Chicken Wrap, Big Mack Salad, w. Fruit Muffin, Fresh Garden Salad, Baby Carrots, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Korean Bulgogi Beef w. rice, Hot Dog, Seasoned Fries, Pizza Bar, Sub Bar w. Italian Bread, Fresh Garden Salad, Baby Carrots, Chilled Fruit, Fresh Fruit, Milk
- ACTIVITIES:** **ADM:** Belleville Trunk or Treat, 4-6pm in downtown Belleville
RC: JR/SR HS: Activity Period – FFA
Seminar Period -- KAYS
EAST: East Halloween Parade – 8:15am – around the square
Red Ribbon Week – Wear your Halloween Costume
NO BASP

SATURDAY, OCT. 31:

State Cross Country, Wamego Country Club

Boy's race – 10:35am

Girl's race – 12:20pm

State Volleyball -- Salina

Play Set work day – 8am – 1pm

MONDAY, NOV. 2:**MENUS:**<http://myschoolmenus.com>**BREAKFAST: NO SCHOOL****LUNCH: NO SCHOOL**

- ACTIVITIES:** **RC: JR/SR HS:** Activity Period – **NO SCHOOL**
Teacher Professional Development Day
Kansas Youth and Government to Topeka
Play Rehearsal – Blair Theatre – 7-9pm
EAST: NO SCHOOL
Teacher Professional Development Day

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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; or
- (2) (2) fax:**
(833) 256-1665 or (202) 690-7442; or
- (3) (3) email:**
program.intake@usda.gov

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