REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
NOVEMBER 16, 2026 – NOVEMBER 23, 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 – Manage Time Wisely – Use planners, calendars, or to-do lists to schedule study hours, homework, and rest. Prioritize urgent tasks first. Practice Active Listening – Pay close attention during class, maintain eye contact, ask questions and avoid distractions to truly understand the lesson.

RCH ROBOTICS – Our Robotics team placed 1st at the Kansas BEST robotics competition on Saturday, November 7th. This qualifies them for Regionals, on December 5th in Wichita. GO BUFFS!!!

MONDAY, NOV. 16:

MENUS: **http://myschoolmenus.com**

BREAKFAST: Both – Egg, Bacon and Cheese Bagel, Assorted Cereal w. Cinnamon Toast, Fruit and Yogurt Parfait w. muffin, Fresh Fruit, Chilled Fruit, Milk

LUNCH: East – Dumplings, Corn Dog, Pizza Munchable, Cobb Salad, Fresh Garden Salad, French Fries, Fresh Fruit, Chilled Fruit, Italian Bread, Milk

Jr/Sr HS – TEXAS – Breakfast Burrito, Corn Dog, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Cornbread, Fresh Garden Salad, Tater Tots, Chilled Fruit, Fresh Fruit, Milk

ACTIVITTIES:
RC: JR/SR HS: Activity Period – NHS
JH Girls BB, HERE vs. Southeast of Saline, 4:30pm
JH Boys BB @Southeast of Saline, 4:30pm, dismiss at 2:15pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

TUESDAY, NOV. 17:

MENUS: **http://myschoolmenus.com**

BREAKFAST: Both - Maple Bacon Sweet Roll, Assorted Cereal, Fruit and Yogurt Parfait w muffin, mini bagels, Chilled Fruit, Fruit Juice, Milk

LUNCH: East – Crispito w. Nachos, Tenders w. Garlic Toast, Nacho Munchable, Italian Chef Salad, Fresh Garden Salad, Baked Beans, Fresh Fruit, Chilled Fruit, Italian Bread, Milk

Jr/Sr HS – Crispito w. Nachos, Tenders w. Garlic Toast and Seasoned Fries, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Italian Bread, Fresh Garden Salad, Baked Beans, Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES:
RC: JR/SR HS: Activity Period –FCCLA Officers
FCCLA Pastry Field Trip to Abilene, leave 8am
Dinner Theatre Auditions, 7-8pm, see Mr. Knedler with questions
HS Scholars Bowl @Lyons, dismiss at 1:30pm
EAST: Belleville After School Program – 3:30pm – 5:30pm
BASP Board Meeting, 5:30pm

WEDNESDAY, NOV. 18:

MENUS: **http://myschoolmenus.com**

BREAKFAST: Both – Cheesy Ham and Egg Casserole, Toast, Assorted Cereal, Waffles, toppings, Fruit And Yogurt Parfait, mini waffles, Tater Tots, Chilled Fruit, Fruit Juice, Milk

LUNCH: East – THANKSGIVING FEAST -- Roast turkey Chicken Patty, Mashed Potatoes Fresh Garden Salad, Green Beans, Hot Roll, Pumpkin Bar, Milk

Jr/Sr HS – THANKSGIVING FEAST – Roast Turkey, chicken Patty, Mashed Potatoes, And Gravy, Corn, Chilled Fruit, Fresh Fruit, Hot Roll, Pumpkin Bar, Milk

ACTIVITIES:
RC: JR/SR HS: Activity Period – FCCLA
FFA Leadership School, Salina, leave 7am
Dinner Theatre Auditions, 3:45pm – 5pm, see Mr. Knedler with questions
EAST: Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, NOV. 19:

MENUS: http://myschoolmenus.com

BREAKFAST: Both – Western Egg N Bacon Sandwich, Assorted Cereal with Muffin Square, Fruit and Yogurt Parfait, Chilled Fruit, Fruit Juice, Milk

LUNCH: East – ARKANSAS Queso Smothered Chicken and Rice, Cheeseburger, Turkey Club Sub, Chef Salad, Fresh Garden Salad, Cheesy Cauliflower Popcorn, Fresh Fruit, Chilled Fruit, Italian Bread, Milk

Jr/Sr HS – ARKANSAS Queso Smothered Chicken and Rice, Cheeseburger with Seasoned Fries, Pizza Bar, Sub Bar, Garden Fresh Salad Bar and Italian Bread, Fresh Garden Salad, Cheesy Cauliflower Popcorn, Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES: **RC: JR/SR HS**: Activity Period – Class Meetings
JH BB vs. Sacred Heart, Boys, HERE, 4:30pm
JH BB @Sacred Heart, Girls, 4:30pm, dismiss at 2:30pm, leave 2:45pm (change from original calendar)
Play Tech Rehearsal—Blair Theatre – 5-10pm
Play Rehearsal – Blair Theatre – 7-9pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, NOV. 20:
MENUS: **http://myschoolmenus.com**
BREAKFAST: Both -- Biscuit & Gravy w Sausage Patty, Assorted Cereal, Cinnamon Toast, Fruit and Yogurt Parfait, Sausage Biscuit, Chilled Fruit, Fruit Juice, Milk
LUNCH: East – Sausage Pizza, BBQ Bacon Wrapped Hot Dog, Popcorn Chicken Munchable, Popcorn Chicken Salad, Fresh Garden Salad, Baby Carrots, Fresh Fruit, Chilled Fruit, Italian Bread, Milk
Jr/Sr HS – Glazed Wings with Queso with Italian Bread, BBQ Bacon Wrapped Hot Dog and Seasoned Fries, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Italian Bread, Fresh Garden Salad, Baby Carrots, Chilled Fruit, Fresh Fruit, Milk
ACTIVITIES: **RC: JR/SR HS:** Activity Period – Scholars Bowl
Seminar Period – NHS
RCHS Fall Sports Banquet, 6:30pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, NOV. 21: RCHS Band at Salina, downtown Parade of lights, leave at 3pm
KSHSAA Game Day Cheer Competition,

SATURDAY, NOV. 22: Open Gym 1-3pm

MONDAY, NOV. 23:
MENUS: **http://myschoolmenus.com**
BREAKFAST: Both – Pancake Sausage Griddle, Assorted Cereal, Cinnamon Toast, Fruit and Yogurt Parfait w. muffin, Chilled Fruit, Fruit Juice, Milk
LUNCH: East – Nuggets, Corn Dog, Chef Salad, Fresh Garden Salad, Steamed Broccoli, Fresh Fruit, Chilled Fruit, Italian Bread, Milk
Jr/Sr HS – Nashville Hot Chicken, Corn Dog and Seasoned Fries, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Italian Bread, Fresh Garden Salad, Steamed Broccoli, Chilled Fruit, Fresh Fruit, Milk
ACTIVITTIES: **RC: JR/SR HS:** Activity Period – KAYS
NCAA League Vocal @Southeast of Saline, leave at
JH Girls BB, @Minneapolis, dismiss at 2:30pm, leave 2:45pm
JH Boys BB vs Minneapolis, HERE, 4:30pm
Scholars Bowl practice, 5:45pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

NO SCHOOL – NOVEMBER 25 – NOVEMBER 27 – THANKSGIVING BREAK
Buildings and Board of education office closed

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REMINDER – MENUS & EVENTS are subject to change.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

(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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