

REPUBLIC COUNTY U.S.D. NO. 109
BREAKFAST AND LUNCH MENUS AND ACTIVITIES
OCTOBER 12 – OCTOBER 26, 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 – Limit ultra-processed items: Treat Chips, candy and cookies as rare treats rather than daily snack choices. Aim for snacks that fall roughly between 150 and 200 calories.

PARENT/TEACHER CONFERENCES – Please mark your calendars for Wednesday, Thursday and Friday, October 14th, 15th and 16th. School will NOT be in attendance on those days. On Wednesday the 14th they will have conferences from 4pm – 6pm. On Thursday, the 15th, conferences will be held from 12:30pm – 6pm. The buildings will be closed on Friday, October 16th.

CONGRATULATIONS to the Homecoming Queen and King for Football homecoming, 2026,
Queen – Grae Siemsen King – Nick Kendall

FOOD DRIVE – The annual food drive by the Jr/Sr HS will take place on Wednesday, October 21. They are asking you to please have your non-perishable food items or canned goods in a bag on your curb by 8:30am to be picked up by Republic County students. Thanks for your donation. All items are given to the food bank.

MONDAY, OCT. 12:

MENUS:

<http://myschoolmenus.com>

BREAKFAST: Both – French Toast Sticks, Cereal, Mini French Toast, Fruit and Yogurt Parfait,
Fruit, Fruit Juice, Toast, Milk

LUNCH: East – Chicken and Waffles, Corn Dog, Turkey and Cheese Sandwich, Chef Salad, Fresh
Garden Salad, French Fries, Fresh Fruit, Chilled Fruit, Italian Bread, Milk
Jr/Sr HS – Chicken and Waffles, Corn Dog, Pizza Bar, Garden Fresh Salad Bar, Sub Bar,
French Fries, Chilled Fruit, Fresh Fruit, Italian Bread, Milk

ACTIVITIES: **ADM:** **Board of Education – District office 7:30pm**

RC: JR/SR HS: Activity Period – FBLA
HS JV FB vs.TMP, HERE,
FCCLA District Leadership in Salina, leave at
Scholars Bowl practice, 5:45pm
Play Rehearsal, 7-9pm

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

TUESDAY, OCT. 13:

MENUS:

<http://myschoolmenus.com>

BREAKFAST: Both --Donut, Assorted Cereal with Muffin Square, Egg Bacon and Cheese Bagel, Chilled
Fruit, Assorted Fruit Juice, Milk

LUNCH: East – Under the Big Top Walking Taco, Tenders w. Garlic Toast, Turkey and Cheese
Sandwich, Chicken Fajita Salad with Cornbread, Fresh Garden Salad, refried
Beans, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Under the Big Top Walking Taco, Tenders w. Garlic Toast with Seasoned Fries,
Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Italian Bread, Fresh Garden Salad,
Refried Beans, Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES: **RC: JR/SR HS:** Activity Period – FFA
HS VB @Minneapolis, 5pm, dismiss at 3:15pm
JH XC NCAA @Rock City, 4:30pm, dismiss 1:45pm
Play Rehearsal, 7-9pm

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

WEDNESDAY – FRIDAY OCTOBER 14 – 16 – NO CLASSES

Wednesday – Staff will be having Professional Development and Work Day -- PTC – 4-6pm

Thursday – Staff will be having Professional Development – PTC – 12:30pm – 6pm

Thursday – Oct. 15 – HS League Cross Country @Downs, leave 1:30pm

JH VB vs. Beloit, HERE, 4:15pm

JH FB vs. Beloit, HERE, 5pm

Friday – Oct. 16 – HS FB @Doniphan West, 7pm, bus leaves 2:45pm

ROAR Art Show @Russell

SATURDAY, OCT. 17

JH NCAA VB @Minneapolis,
ROAR ART @Russell

MONDAY, OCT. 19:**MENUS:**<http://myschoolmenus.com>

- BREAKFAST:** Both – Egg and Cheese Breakfast Sandwich, Assorted Cereal with Cinnamon Toast, Pancake Sausage Griddle, Chilled Fruit, Assorted Fruit Juice, Milk
- LUNCH:** East – Strongman Meatball sub, Corn Dog, Popcorn Chicken Munchable, Greek Salad w. Garlic Bread, Fresh Garden Salad, French Fries, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Strongman Meatball sub, Breaded Chicken Sandwich, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Hot Roll, Fresh Garden Salad, Seasoned Fries, Chilled Fruit, Fresh Fruit, Milk
- ACTIVITIES:** **RC: JR/SR HS:** Activity Period – BAG
HS JV FB @Ellsworth, dismiss at 1pm
Play Rehearsal, 7-9pm
Flu Shots @RCHS
KSHSAA Regional VB begins
- EAST:** Flu Shots @East
Belleville After School Program – 3:30pm – 5:30pm

TUESDAY, OCT. 20:**MENUS:**<http://myschoolmenus.com>

- BREAKFAST:** Both – Cinnamon Sticks, Assorted Cereal, Yogurt, Breakfast Taco, Chilled Fruit, Fruit Juice, Milk
- LUNCH:** East – Flying Trapeze Pretzels w. Bacon Ranch Chicken Dip, Tenders w. Garlic Toast, Pizza Munchable, Popcorn Chicken Salad w. Italian Bread, Fresh Garden Salad, Texas Pintos, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Flying Trapeze Pretzels w. Bacon Ranch Chicken Dip, Cheeseburger, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Focaccia Bread, Fresh Garden Salad, Roasted Potato Wedges, Chilled Fruit, Fresh Fruit, Milk
- ACTIVITIES:** **RC: JR/SR HS:** Activity Period – Scholars Bowl
Junior High Wax Museum, 6pm – 7pm
Scholars bowl practice, 5:45pm
Play Rehearsal, 7pm – 9pm
- EAST:** Belleville After School Program – 3:30pm – 5:30pm

WEDNESDAY, OCT. 21:**MENUS:**<http://myschoolmenus.com>

- BREAKFAST:** Both – Bacon, Egg and Cheese Bake, Toast, Assorted Cereal, Waffles, Toppings, Egg and Cheese Breakfast sandwich, Fruit and Yogurt Parfait, Tater Tots, Milk
- LUNCH:** East – Chicken Patty w. Hot Roll, Bacon Pickle Grilled Cheese, Peanut Butter and Jelly Sandwich, Mozzarella Cheese Stick, Italian Chef Salad w. Hot Roll, Mashed Potatoes, Gravy, Fresh Garden Salad, Glazed Carrots, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Chicken Patty w. Hot Roll, Bacon Pickle Grilled Cheese, Seasoned Fries, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Hot Roll, Mashed Potatoes, Gravy, Glazed Carrots, Chilled Fruit, Fresh Fruit, Milk
- ACTIVITIES:** **RC: JR/SR HS:** Activity Period – KAYS Exec
Food Drive, 2nd and 3rd Hour
FFA National Convention 21st – 24th -- Indianapolis
- EAST:** Picture retakes – East
Report Cards go home with students
East BLT, 3:45pm
East PTO, 5:30pm
Belleville After School Program – 3:30pm – 5:30pm

THURSDAY, OCT. 22:**MENUS:**<http://myschoolmenus.com>

- BREAKFAST:** Both – Strawberry Cheesecake Parfait with Muffin Square, Assorted Cereal, Mini Waffles, Chilled Fruit, Fruit Juice, Milk
- LUNCH:** East – Chili w. Cinnamon Roll, Cheeseburger, Turkey and Cheese Sandwich, Chef Salad w. Cinnamon Roll, Fresh Garden Salad, Corn, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Chili w. Cinnamon Roll, Cheeseburger, Seasoned Fries, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Cinnamon Roll, Fresh Garden Salad, Corn, Chilled Fruit, Fresh Fruit, Milk
- ACTIVITIES:** **RC: JR/SR HS:** Activity Period – KAYS
Picture retakes – Jr/Sr HS
HS JV Scholars Bowl Meet, HERE
Play Rehearsal, 7-9pm
- EAST:** Belleville After School Program – 3:30pm – 5:30pm

FRIDAY, OCT. 23:**MENUS:**<http://myschoolmenus.com>

- BREAKFAST:** Both – Biscuits & Gravy, Sausage Patty, Assorted Cereal, Cinnamon Toast, Egg and Cheese Biscuit, Chilled Fruit, Juice, Milk
- LUNCH:** East – Hamburger Pizza, BBQ Bacon Wrapped Hot Dog, Italian Sub, BLTE Salad w. Italian Bread, Fresh Garden Salad, Fresh Broccoli, Fresh Fruit, Chilled Fruit, Milk
Jr/Sr HS – Burrito Bowl w. Cornbread, BBQ Bacon Wrapped Hot Dog, Seasoned Fries, Pizza Bar, Sub Bar, Garden Fresh Salad Bar w. Cornbread, Fresh Garden Salad, Fresh Broccoli, Chilled Fruit, Fresh Fruit, Milk

ACTIVITIES: **RC: JR/SR HS:** Activity Period – FCCLA Officers
Seminar Period – Science Club
HS FB vs. Smith Center, HERE, 7pm
FBLA/FCCLA Pink Out
SENIOR NIGHT
Jr. High Band will perform at halftime
5th Quarter Get Together after the game
EAST: Belleville After School Program – 3:30pm – 5:30pm

SATURDAY, OCT. 24: BEST Robotics, leave 6am
KSHSAA Regional Cross Country, HERE
Play Set Workday – 8am – 1pm
KSHSAA Sub-State VB – TBA

SUNDAY, OCT. 25: FCA Pumpkin Carving @Christian Church, 6pm

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
Scholars Bowl Practice, 5:45pm
Play Rehearsal, 7-9pm
EAST: Belleville After School Program – 3:30pm – 5:30pm

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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