



April 2016
Volume 11 Issue 9

York Elementary School
Monthly Parent Newsletter

Y.E.S. Indeed!

Important Dates:

Slushie Days

Friday, April 1
Friday, April 8
Friday, April 16
Friday, April 23
Friday, April 30

3rd Grade Field Trip to Henry Doorly Zoo

Thurs, April 28 and
Fri, April 29

TeamMates Red/ White Spring Game

Sat. April 16

First Grade Program

1H April 7 2:40pm
1R April 8 2:40pm
1Bi April 11 2:40pm
1Be April 12 2:40pm
1N April 14 2:40pm

Fourth Grade Swimming

Monday April 25th–
Friday April 29th

BoGo Book Fair

Wed April 20, 3-7pm
Thurs April 21, 3-7pm

What an Opportunity to show how much we have learned!! NeSA Testing Time!!

The whole month of April you will find our 3rd, 4th & 5th graders hard at work on our state and federal tests. These NeSA assessments are important to our individual students so that we can measure the awesome progress that they have made. It is also important for us as a school and as a district as our scores will be compared to other schools across the state and the nation. We are working hard to pump up the kids so that they do their very best!! Each 3rd, 4th, 5th classroom teacher will be sending home a testing schedule. Please make sure that your child is getting plenty of rest and a great breakfast so that they can be at the top of their game! We are cheering them on here and are so proud of their efforts!!



“ALL STARS”

On Monday, April 4th, in honor of opening baseball season, we are planning to celebrate by wearing our baseball attire.

GIRLS ON THE RUN 5K

The Southeast Regional GIRLS ON THE RUN 5k presented by York Medical Clinic will be Saturday, May 7th at 10:00 a.m. at the York High School Track area. We will be celebrating our 10th Anniversary!

The 5k is open to males and females of all ages. Walkers are welcome! Registration opened on March 10th and the deadline for a guaranteed T-shirt is April 7th.

Entry forms are available online at GOTRNebraska.org.

*Registration is required for all GOTR girls and their Run Buddies.

We are also seeking volunteers to help on race day, whether it be on the race route, the registration table, the happy hair station, or a variety of other jobs. If you would like to volunteer, please contact Lori Suddarth at 402-362-6700

School Starts

8:20 AM

School Ends

3:25 PM

Wednesday

Early Dismissal

2:10 p.m.

Classroom Happenings....

Kindergarten Corner....

In Kindergarten April will be another busy month. We will soon be getting our caterpillars to study and watch grow into butterflies. The best part of our butterfly unit is releasing our young butterflies into the outside world. We will also be having a field trip to the York Children's Museum and Kilgore Memorial Library. We will continue to grow as readers, writers and mathematicians in preparation for our May graduation.

Second Grade Snippets....

Math- The times test goal for Quarter 4 is to finish subtracting 9's. Keep practicing at home so you can make the goal! We have also been working on adding and subtracting 3-digit numbers.

Reading- Our reading challenge for Quarter 4 is to read and pass AR tests for 10 books at your level or above. Students who complete the challenge will get to participate in a "Star Party" at the end of the year.

Science- We are finishing up our unit on dinosaurs, which the students really enjoyed. Next up...the solar system!

District Spelling!!

Results from the District Spelling Contest held in Fairbury on Saturday, March 5th:

Trey Harms - 3rd place
Alice Coehorn - 7th place

Congratulations for your performance and all of your hard work!



Looking for YES lunch menus?

YES Lunch Menus are found on the left toolbar on the YES homepage www.yorkpublic.org.

You can find them under School Information.

SCHOOL LUNCH MENU				
1 MAIN COURSE	2 VEGETABLE	3 FRUIT	4 SNACK	5 EXTRA
salmon wrap	carrot	apple	granola bar	green smoothie or pop
mexican black beans & sprouted corn tortilla	cucumber	raisins	banana mini muffin	cheese pudding
pumpkin seed & jam sandwich	broccoli	orange	apple carrot mini muffin	roasted chickpeas
hummus & seed crackers	spinach	berries	chocolate avocado pudding	popcorn
red lentil & kale quinoa/dilla	roasted seaweed	banana	black bean brownie	edamame

*Set Lunch with water

York Public Schools
www.yorkpublic.org

**1501 Washington
Avenue
York, NE 68467**

**PHONE:
(402) 362-1414
FAX:
(402) 362-5488**

**Kris Friesen,
Principal**

**Ken Booth,
Asst. Principal**

Website:

www.yorkpublic.org

At YES it is:

- **Never okay to be hurtful**
- **Never okay to be disruptive.**
- **Always okay to be kind**

Twitter:

YESDukePride

Facebook Page:

**York Elementary
School**

**Boost Phone #:
(402) 366-2454**

**Childcare Phone #:
(402) 363-2726**

**Bus Barn #
(402) 362-1988**



**Planning summer activities? Need something to do as a family?
Want something that everyone in your family can participate in?
Don't want to spend a lot of money? Want something active?
Learn how vegetables grow?**

Grow a Family Garden!

Gardening offers family fun. In a garden, you can be active, relax, and spend time together. Growing vegetables or herbs teaches children that plants, like people, need food and water to grow and stay healthy.

Caring for plants helps develop responsibility. It also builds self-esteem when kids see what they can grow! A garden can teach your child about new foods. Kids usually taste what they grow!

What you need:

- Containers for city gardens: milk and juice carton, empty cans, empty bleach bottle, dishpan, plastic bucket, fish bowl, bushel basket
- Garden plot: a 2-foot plot is big enough. Hint: Preparing soil is hard for young children.
- Child-size tools: watering can, hose, small shovel, old spoon and fork, small rake, digging stick, hoe and spade, sticks to label plants. • Water for your hose or watering can
- Seeds or seedlings (young plants) • Soil for container gardens
- Fertilizer: compost, manure, chemical types. Easy foods for kids to grow: • Beets,* carrots,* cherry tomatoes,* collard greens,* cucumbers,* green beans,* herbs,* lettuce,* okra, onion,* peppers,* spinach, tomatoes, zucchini. In windowsill pot: herbs, seeds to replant as young plants in the garden.

"I Can Grow Things!"

Most kids are proud of what they grow. Even when gardening is messy, your child is learning. It is okay if the garden is not planted perfectly. He or she can help with almost any gardening task, such as:

- Pick the vegetables or herbs we will grow.
- Find a sunny place. • Make the soil ready in a container or in the garden.
- Plant seeds or small plants in the soil. • Water plants when they are thirsty.
- Measure plants as they grow and vegetables form. Talk about it. • Pull the weeds.
- Pick vegetables or herbs when they are ready. • Wash the food.
- Make something to eat with your family. Use the food you pick. • Eat and enjoy it!

Please call your school nurses if you have any questions or need any additional information!

Patti Vincent LPN

Donelle Ellison RN BSN

402-362-1414



Time to start thinking about the NEBRASKA 2016 STATE FAIR!

Dennis Haack will be sponsoring the students competing. I will be sending in list of student competitors to the NE State Fair before I finish my contract with YHS. If you have competed on the testing and performance days in the past, you will be entered in the same competitions you have done before. If you want to add new contests, please let me know. Please get me a current t-shirt size. Anyone interested in being a new competitor in the testing and performance competitions please contact me. Students are eligible for testing and performance contests if they have completed 3rd grade; students are entered as the grade level they are in the spring of 2016. Transportation will be provided for students in 7th grade or above if needed; transportation for younger students must be provided by parents or guardians or approved adult.

If you have questions please contact me 402-362-6655 option #2 or sheila.hubbard@yorkdukes.org.

Please consider entering the early entry competitions. The early entry contests are for students completing kindergarten – 12th grade. Descriptions for all competitions are available on the NE State Fair web site, <http://www.statefair.org>; in the golden area at top click on middle tab-Get Involved; select Domestic Exhibits from the list and from this list select education there you will find the Education Entry Book, select and the book will come up. Please read about the various contests. The performance or live testing contests at the State Fair, will be on Saturday and Sunday, August 27 & 28, 2016. Preliminary times are listed in the entry book. Each contest students want to participate in needs to be entered on the master entry spread sheet; I will submit this on May 31, 2016. The essay, poetry, penmanship, and the power point entries must be submitted digitally, essays, poems, and penmanship have a variety of submission options all need to be submitted by 7/15/16 by the individual student. Please inform me you are entering these contests so you are listed on the master entry form. . All other early entries are to be delivered to Dennis by August 10, 2016. Dennis and I will correctly mount, label, and he will deliver them to Grand Island. The themes for Art, Brick Art, Computer Graphics, Essay, Poetry, and Power Point are listed beside the contest below and in the entry book. Penmanship has excerpts to be copied in the individual's best penmanship. The excerpts are from a NE author, different selections for different ages. The excerpts are available from me when you send me your name to be entered in this contest. S. Hubbard & Dennis Haack, YPS State Fair Education Competition Coach

Performance contests denoted by *; new contests this year denoted by #:

3-D Art	*Impromptu Speaking
Art – winter in NE, may enter two pieces	*Math Test
Brick Art – My NE	*Monologue (any 25-60 line for all ages)
Computer Graphics – A local or NE park or historical site (maybe Wessel's Living History Farm)	*Quiz Bowl
Penmanship	Poetry – winter in NE
*Construction Science	Power Point – a local or NE state park or historical site
*Cup Stacking	*Science Test
Environment Poster	
Essay – grades 3-12 Do students have too much homework?	
K-2 What I like or don't like or both about winter in Nebraska.	
Science Display (this can be from the local Science Expo)	
Service Project Group	Service Project Individual
*Grammar Test	*Social Studies Test
*Improvisation	*Spelling Test
*Poetry Recitation (Poetry Out Loud for HS)	Warmth for Veterans
group art project	story board about a book and/or author
#Cut Snowflakes, any pattern, 3X3 up to 9X9 inches diameter, may enter 1-3 snowflakes	
#Zen Coloring Any Zen coloring page, 9X12. May enter 1 or 2	
#Short Story – grades 9-12 max words 2000; grades K-8 max words 1500. If a story can be told with much less that is fine.	

Home & School CONNECTION[®]

Working Together for School Success

April 2016

York Elementary School
NEWSLETTER



SHORT NOTES

Solve the mystery

When your youngster reads a mystery, encourage her to pretend she's the detective. Can she solve the case before the book ends? Suggest that she jot down clues as she goes and try to predict the solution. She'll practice comprehension skills that will make her a better reader—and she'll enjoy the story more.

Treasure traditions

Every family has traditions, even if you don't realize that's what they are. Talk about activities you do regularly, such as eating a special brunch on birthdays or taking a walk on the first day of spring. Then, tell your child about traditions you remember from childhood. Your youngster may discover one he wants to try.

DID YOU KNOW?

About 10 percent of 12-year-olds say they've had alcohol at least once—a percentage that increases sharply in older kids. Help prevent your child from sampling alcohol now by making sure she knows it's illegal and may make her sick. Also tell her that people who start drinking before age 15 are more likely to develop alcohol problems than those who wait.

Worth quoting

"I would like to paint the way a bird sings." *Claude Monet*

JUST FOR FUN

Q: How many peaches grow on a tree?

A: All of them.



Build background knowledge

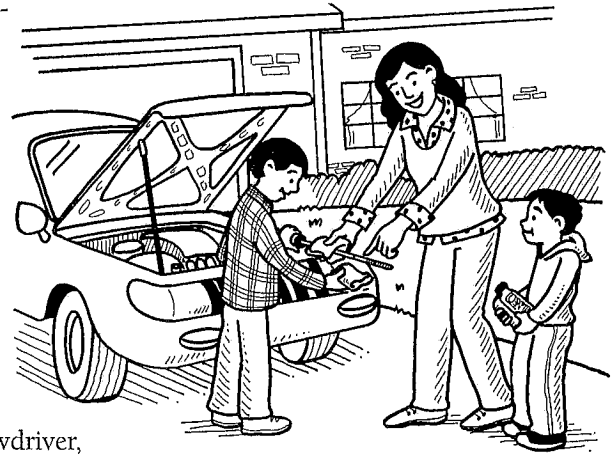
Everyday activities, conversations, and outings have something in common: They can boost your youngster's *background knowledge*. This collection of information will help him to understand and analyze material in school. Consider these tips.

Experiences

Give your child opportunities to touch and handle new things. For instance, if you use a garlic press or a Phillips screwdriver, tell him what it's called, and teach him how to use it. Show him how you check the oil in your car or sew a button on a shirt, and let him try. He'll learn how things work and gain new vocabulary.

Conversations

When you have company, invite your youngster to participate in the grown-ups' discussions sometimes. He will learn about the world by listening to adults talk about current events, their jobs, or their daily lives. And if your guests are from a different cultural



background, he may also pick up information about their language or customs.

Field trips

A visit to the post office, the grocery store, or even a dentist's office can turn into a field trip. Before you go, help your child list questions he might ask or find answers to. *Examples:* "What's the newest stamp you have?" or "What does an eggplant look like?" Also seek out new or unusual places to visit, like a yarn store, garden center, or tack shop.♥

How to prepare for IEP meetings

If your child has an IEP (Individualized Education Program), here is advice for the next meeting you attend to review and update her plan:

- You're an important part of the IEP team, so plan to share information and ideas. Write up a summary of your youngster's strengths and needs. Also, list questions you have, such as "How many students will be in her small group?" or "How will you help her calm down if she's upset?"
- If possible, take a spouse, relative, or friend with you. There may be a lot of people around the table, so having a support person could make you feel more confident.
- Have a positive attitude. Remember that every member of the team has the same goal: to help your child do her best.♥



Bullying: Know the facts

Teaching your child about bullying can help her handle it better if she sees it and also make her less likely to bully others. Share these facts.

Verbal bullying is more common.

Teasing and threatening happen more often than physical bullying like hitting or shoving. If your child is bullied verbally or physically, she should tell a grown-up right away.



Bystanders make a difference. Studies show that more than half of bullying incidents stop when a bystander steps in. Have your youngster think of things she could say if a classmate is being bullied. (“Want to play with me?” “Let’s go sit over there.”)

Excluding others can be bullying, too.

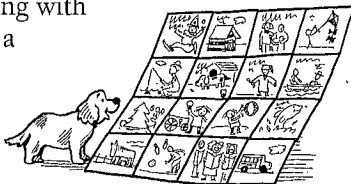
When a child urges other kids not to be friends with someone, that’s bullying. Encourage your youngster to be kind to everyone and not to exclude others. She might say something like, “I decide who I’m friends with.” ♥

ACTIVITY CORNER

A family history quilt

Youngsters love hearing about relatives’ childhoods. Making this “quilt” together can teach your child about his family’s past.

1. Give each person an 8" x 8" square of poster board. Your youngster could mail squares to out-of-town relatives.
2. Ask everyone to draw a favorite childhood memory on one side. *Examples:* cooking with Grandma, a trip to the state fair. On the other side, they should write about the memories. (“While Grandma and I made chicken parmigiana, she would tell me about growing up in her little village in Italy.”)
3. Help your child arrange the squares into a quilt and connect them with clear tape.
4. Use the quilt to enjoy your family’s history. You might take turns picking a square and talking about the memory, or make a family time line based on the squares. ♥



Q & A

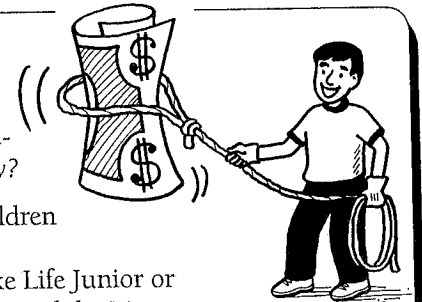
Money managers

Q: We can’t afford to give our son an allowance. How else can we help him manage money and get off on the right foot financially?

A: Games and books are ideal for teaching children to make decisions about money.

Choose board games that involve money like Life Junior or Payday. When it’s your turn, talk about the financial decisions you make. (“I’m going to save money instead of borrowing more because I don’t want to pay interest.”)

Also, read stories with financial literacy themes and nonfiction books on the topic. Ask a librarian for suggestions, or try books like *Sam and the Lucky Money* (Karen Chinn) or *The Everything Kids’ Money Book* (Brette McWhorter Sember). Encourage your youngster to retell the stories or “teach you” the information. He’ll show what he learned about how to spend wisely or pay bills. ♥



Learn to take initiative

Do you want your child to do chores or fill out her reading log without being asked? Teachers and employers value initiative, too. Here are ways to help your youngster become a self-starter.

do. You could say, “Do you have everything you need for school?” instead of “Don’t forget your backpack.” Try this regularly, and you may find her asking herself the same questions!

Write a list

Making her own list can inspire your child to take initiative. Suggest she check off each item as she completes it—she’ll see how good it feels to accomplish everything on her list.

Recognize progress

When your child takes out the trash or starts homework without a reminder, point out that she’s showing initiative. Tell her how helpful it is that you didn’t need to prompt her, and she will be more likely to repeat the behavior in the future. ♥

Ask questions

Rather than telling your youngster what to do, ask about what she should



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated

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HELPING YOUR CHILD Test Preparation

Report to PARENTS

Whether you've been out of school for five years or 15, the thought of taking a test probably still makes your heart race. Now imagine what it's like for your child. As a parent, you can help.

THE PHYSICAL

Get them fed. The more nutritiously your children eat, the better they will do in school. Properly fueled and with stable blood sugar levels, their concentration is enhanced. Always give them a healthy breakfast while cutting back on high-sugar cereals, pastries, and undiluted juices (which can have the same sugar content as sodas.) Most kids are ravenous after school, so before they settle down to study, provide a healthful, non-junk food snack to carry them through to dinner.

Get them moving. Exams cause stress, but, sports, exercise, and dancing can relieve it. Physical activity that gets students completely away from academics for a few hours each day can actually help them perform better on tests.

Get them breathing. Teach your kids a simple breathing exercise that you'll do with them once or twice a day and in times of stress (as in right before a test): Take a deep breath, hold to the count of three, then exhale slowly through the nose to the count of 10.

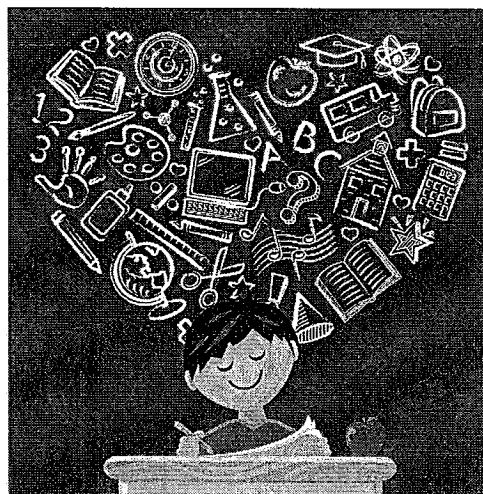
Get them to bed on time. Elementary and middle school children need up to 10 hours of sleep each night to do their best in school. They also need to curtail the excitement from video games, television, movies, and texting for at least 30 minutes before sleep.

THE MENTAL

Practice their confidence. Ask the teacher or principal if there are practice tests or worksheets your child can work on at home before the big day. These can help your children get used to how the questions are worded and how to properly fill in test sheet bubbles.

Put piecework into action. Pre-exam cramming does not work. In fact, four 15-minute periods of study are actually superior to one continuous hour when it comes to memory retention. Therefore, see to it that your child preps for tests in small bursts, in some small way, every day.

Unplug already. When it comes to distracting videos, television, telephones, or social media (basically anything with a screen or speakers that's not directly related to school work), study time is the time to turn the devices off.



THE EMOTIONAL

Offer super support. As much as you value good exam grades, it's more important that kids understand that your love and respect for them is not dependent on their test scores.

Review results together. Once the graded exam comes back, sit with your child and review what went right, what didn't, and how to do better next time. This is not the time for you to lecture. Subtly prompted, your child should do most of the talking.



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Informe a los PADRES

Cómo ayudar a su niño a prepararse para Las Pruebas

Aunque hayan pasado cinco o 15 años desde que usted se salió de la escuela, su corazón late fuerte con tan solo pensar en las pruebas escolares. Imagínese como se siente su niño. Como padre, usted puede ayudar.

ASPECTOS FISICOS

Comida nutritiva. Mientras mas comidas nutritivas coman sus niños, mejor será su rendimiento académico. Si están bien alimentados, con niveles de glucosa sanguínea estables sus niños podrán concentrarse mejor. Siempre déles un desayuno saludable con menos cereales dulces, pasteles, y jugos concentrados (éstos pueden contener la misma cantidad de azúcar que las bebidas gaseosas). La mayoría de los niños tienen un hambre feroz después de la escuela, así es que antes de que comiencen a estudiar, déles un bocadillo saludable para que duren hasta la hora de cenar.

El ejercicio. Aunque las pruebas causen estrés, los deportes, ejercicios, y baile pueden aliviarlo. Las actividades físicas que logran que los niños se alejen totalmente de las tareas académicas durante unas pocas horas todos los días pueden ayudarles a sacar mejores notas en las pruebas.

La respiración. Enséñele a sus niños un ejercicio simple para la respiración que usted puede hacer con ellos una o dos veces al día y durante los tiempos de mucho estrés (como antes de una prueba): Respire profundo, cuente hasta tres, y exhale por la nariz al mismo tiempo que cuente hasta 10.

Acostarse a la hora. Los niños en edad de escuela primaria y media necesitan hasta 10 horas de sueño cada noche para poder rendir bien en la escuela. También deben limitar cualquier agitación que pueda resultar de los videojuegos, televisión, películas y el envío de textos por lo menos 30 minutos antes de dormirse.

ASPECTOS MENTALES

Practicar para lograr confianza. Comuníquese con el maestro o director de la escuela para preguntar si hay pruebas u hojas de trabajo para que su niño practique en casa antes del día del examen. Estas pueden ayudar a acostumbrarse al estilo de las preguntas y aprender a llenar las burbujas en las hojas de pruebas.

Poco a poco. Estudiar toda la materia el día antes de la prueba no es una buena estrategia. Para una mayor retención de memoria, cuatro periodos de estudio de 15 minutos cada uno son superiores a una hora continua de estudio. Por lo tanto, asegúrese de que su niño se prepare para las pruebas poco a poco, estudiando un poco cada día.

Desenchufar. Cuando se trata de videos, televisión, teléfonos, u otros medios sociales que pueden distraer (básicamente cualquier cosa con pantalla o parlantes que no está directamente relacionado con las tareas escolares), estos aparatos se deben

apagar durante la hora de estudiar.

ASPECTOS EMOCIONALES

Ofrecer gran apoyo. Aunque usted aprecie buenas notas en las pruebas, es aun más importante que los niños comprendan que su cariño y respeto no depende de sus notas.

Repasar los resultados juntos. Una vez que tengan los resultados de la prueba, siéntese un momento con su niño para revisar lo que estaba correcto e incorrecto y para conversar acerca de cómo puede rendir mejor la próxima vez. Este no es el momento para un sermón. Si usted lo anima sutilmente, su niño debe dirigir la conversación.



April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 K-4-5 Orange 1-2-3 Purple Slushy Day	2
3	4 K-4-5 Purple 1-2-3 Green	5 K-4-5 Green 1-2-3 Red	6 K-4-5 Red 1-2-3 Blue	7 K-4-5 Orange 1-2-3 Orange 1 st Grade-Hansen @ 2:40	8 K-4-5 Purple 1-2-3 Purple Slushy Day 1 st Grade-Roemmich @ 2:40	9
10	11 K-4-5 Green 1-2-3 Green 1 st Grade-Bik @ 2:40	12 K-4-5 Red 1-2-3 Red 1 st Grade-Benjamin @ 2:40	13 K-4-5 Orange 1-2-3 Blue	14 K-4-5 Purple 1-2-3 Orange 1 st Grade-Niewedde @ 2:40	15 K-4-5 Green 1-2-3 Purple Slushy Day	16 TEAMMATES RED/WHITE SPRING GAME @ 1:00- MEMORIAL STADIUM
17	18 K-4-5 Red 1-2-3 Green	19 K-4-5 Orange 1-2-3 Red	20 K-4-5 Purple 1-2-3 Blue BOGO BOOK FAIR 3-7 PM	21 K-4-5 Green 1-2-3 Orange BOGO BOOK FAIR 3-7 PM	22 K-4-5 Red 1-2-3 Purple Slushy Day	23
24	25 K-4-5 Orange 1-2-3 Green 4 th Grade Swimming Unit	26 K-4-5 Purple 1-2-3 Red 4 th Grade Swimming Unit	27 K-4-5 Green 1-2-3 Blue 4 th Grade Swimming Unit	28 K-4-5 Red 1-2-3 Orange 4 th Grade Swimming Unit 3 rd Grade Zoo Trip	29 K-4-5 Orange 1-2-3 Purple Slushy Day 3 rd Grade Zoo Trip	30

3rd GRADE ZOO TRIP REMINDER: There is a meeting for all parents who are driving to the zoo or staying over on Thursday the 28th at 4:30, and buses will leave at 5:00. Students will be back before dismissal on Friday the 29th.



Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- 100% Fruit Juice
- Milk choices



Fruit and Juice Available Every Day

Start your day off right

Additional Middle & High School Choices offered daily

- Smucker's Uncrustable
- Dutch Waffle
- Cheese Pretzel

Stop & Go Breakfast-High School Only

STOP by the cafeteria. Bag your breakfast, and **GO** on with your day!

Choices Daily:

- Pancake or French Toast Minis
- MiniCinis
- Frudel
- Yogurt with Goldfish Grahams

Includes Fruit and 100% juice choice and milk

This breakfast is available for students that qualify for free or reduced price meals.



Breakfast Meal Prices & Extras

Student Breakfast	\$1.35
Adult Breakfast	\$2.05
Extra Breakfast Entrée	\$1.00
Extra Cereal	\$0.85
Extra Toast	\$0.25
Extra Milk	\$0.45

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
4 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices	5 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	6 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	7 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices	1 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices
11 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	12 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	13 A. Scrambled Eggs And Toast B. Cereal Choices and Toast Juice Choices Fresh Orange Milk Choices	14 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	15 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices
18 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	19 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	20 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices	21 A. Oatmeal w/ Toppings B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	22 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices
25 A. Breakfast Sliders and Toast Juice Choices Sliced Peaches Milk Choices	26 A. Iced Long John B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	27 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	28 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices	29 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices

Questions or comments - Contact Mitch Novak, Foodservice Director at 402-363-9169 or mitch@lunchtimesolutions.com
Applications for Free and Reduced price meal are available in all building offices.

This institution is an equal opportunity provider and employer.



Lunchtime Solutions, Inc.

Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.

Each student is now required to have 1/2 cup of fruits or vegetables on their tray.



Look for the Farmer's Market Logo on this month's menu for the featured Farmers Market selection.



Learn more about this month's Selection on the poster in the dining area or at:

Other Entrée Choices Available Daily:

C. Sub/Salad/Sandwich Entrées

- M** Sandwich Choice
 - T-Th** Sub Sandwich Choice
 - W** Entrée Salad Choice
 - F** Wrap or Sub Sandwich Choice
- Choices vary. See menu board for details.*


Lunch Meal Prices & Extras

ES Lunch	\$2.60	Extra Entrée	\$1.75
Adult Lunch	\$3.40	Extra Milk	\$0.45
Adult ONE TRIP Fruit & Veggie Bar			\$1.75

Questions or comments:

Contact Mitch Novak, Food Service Director at 402-363-9169 or mitch@lunchtimesolutions.com.

Applications for Free and Reduced Price meals are available in the school office.

	Mon	Tue	Wed	Thu	Fri
4	A. Chicken Fajitas B. Pork Fritter Sandwich Baked French Fries	5 A. Home-style White Bean Chicken Chili and Crackers B. Corn Dog Golden Corn Frosted Cinnamon Roll	6 A. Turkey & Gravy and Dinner Roll B. Crispy Chicken Nuggets and Dinner Roll	7 A. Home-style Spaghetti with Meat Sauce B. Crispy Chicken Sandwich	8 A. Pizza B. Taco Burger Roasted Garbanzo Beans
11	A. Cheeseburger B. Orange Chicken over Rice Green Beans	12 A. Super Nachos B. Baked Breaded Fish Sandwich Refried Beans Cinnamon Bread Stick	13 A. Italian Dunkers with Marinara Sauce B. BBQ Rib Sandwich Candied Carrots	14 A. Home-style Tater Hot Dish and Dinner Roll B. Hot Dog Mixed Vegetables Chocolate Chip Cookie	15 A. Pizza B. Golden Macaroni & Cheese Peas
18	A. Home-style Cheeseburger Soup and Dinner Roll B. Crispy Chicken Sandwich Edamame Succotash	19 A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich Chili Lime Corn Carnival Cookie	20 A. Breaded Beef Patty B. Crispy Chicken Nuggets Mashed Potatoes with Gravy	21 A. Home-style Chicken Ranch Pasta and Bread Stick B. Mini Corn Dogs Green Beans Kale 	22 A. Sloppy Joe B. Pizza Caribbean Style Yucca Sugar Cookie
25	A. Cheeseburger B. Home-style Chicken Stew over Fresh Baked Biscuit Mixed Vegetables	26 A. Home-style Buffalo Chicken Pasta B. Hot Dog Golden Corn Chocolate Chip Cookie	27 A. Toasted Cheese Sandwich and Tomato Soup B. Pork Fritter Sandwich Baked Beans	28 A. Home-style Beef Goulash B. Grilled Chicken Sandwich Green Beans Sugar Cookie	29 A. Pizza B. Taquitos Peas

This institution is an equal opportunity employer and provider.