



**Be Safe, Be Respectful, Be Responsible**

**December 2014**

### Words from the Principal

#### Mission Statement

*York Public Schools will prepare each learner with the knowledge, skills, and attitudes necessary to become an effective citizen by providing diversified curriculum and experiences.*

#### Our Purpose at YMS is

**'The Education and Success of each of our students.'**

#### The Importance of Homework

Homework is not simply busy-work assigned to children to keep them occupied at home. Homework assignments and studying serve several educational needs that are essential to receiving a complete education. They provide an opportunity for children to develop self-discipline, study habits, and time management skills. Children can set homework goals and enjoy a feeling of accomplishment when the goals are met. Children learn how to be independent and responsible. They practice taking initiative by beginning projects on their own and studying when necessary. Homework also closes the gap between school and home. Learning should happen at home as well as in school.

#### Types of Homework

- Practice homework allows kids to review what they covered in class. This increases comprehension of a subject or topic while helping children retain it for longer periods of time.
- Preparation homework helps children prepare for an activity or in-class assignment. This includes research and brainstorming.
- Extension homework includes long term assignments such as papers or projects. These assignments should correlate with subjects kids are learning in the classroom.

#### Parents Can Help

Parents can help kids succeed at homework. Setting aside a specific time every day can make homework part of a child's daily routine. Find a quiet and distraction-free area that your child can use when doing his or her homework. Review homework assignments with children and provide support and guidance, but be sure not to do the work for them. If assignments are unclear, communicate with the teacher and ask questions. Keep all supplies students may need at home. It also may be helpful to introduce kids to the many resources available that can make homework easier. The library and internet are helpful for researching for reports and projects.

Most importantly, parents should provide constant support and

encouragement. Demonstrate to children how important homework is by taking an interest and guiding them.

#### Are you helping nurture your middle schooler's reading skills?

Middle Schoolers need to keep improving their reading skills.

Answer the following questions *yes* or *no* to see if you're helping with this:

1. Do you visit the library weekly with you middle schooler?
2. Do you offer motivation for reading, such as renting a movie after your child reads a book?
3. Do you mention interesting reading materials to your child?
4. Do you spend at least 10 minutes a day reading and invite your child to join you?
5. Do you read aloud with your child sometimes?

**Please continue to find opportunities to be involved in your child's growth as a reader. Encouraging and modeling are great ways to motivate your middle schooler.**

#### Extended Study Room

YMS provides extra time for student to work after school in order to catch up on late work, get help, or stay current on projects and other classroom related activities. YMS provides bus/van transportation at 4:20 pm for those students that are required to stay after to finish their work. On Wednesday early outs, the bus/van will run at 3:20 pm.

Students who have fallen behind in the studies will continue to lose ground in their academic progress and struggle with local and state assessments. Providing this opportunity and guidance helps keeps students stay on their academic path.

Students assigned to ESR will still be required to notify their parents. YMS will continue to work in cooperation with parents to ensure that all students receive the support they need to be successful.

#### Happy Holidays

YMS teachers, staff and administration wish everyone a happy and joyous holiday season.

We would like to thank you for having your child here, on time, rested and ready to learn. Through a cooperative effort between family and school, middle school will set the tone for a very enjoyable and productive educational experience.

Sincerely,  
Brian Tonniges, Principal

[www.yorkdukes.org](http://www.yorkdukes.org)

Find us on Facebook!

# Middle Years

Working Together for School Success



## Short Stops

### Color-coded notes

In social studies class, your tween needs to remember which people, places, dates, and events go together. As she takes notes from her textbook, suggest that she write related words in the same color pen or pencil. For instance, if she's reading about the Civil War, she could use blue ink for Union names and victories and gray for Confederate.

### Make a time capsule

This New Year's Eve, start a tradition: Create a time capsule for the year that's ending. Gather photos and mementos, and list big events (major news stories, blockbuster movies, top songs). Ask your child to seal the items in an envelope, and tuck it away in a safe place. It will be fun to open next New Year's Eve—and then to create one for 2015.

### Up for change

Being adaptable can improve everything from your youngster's relationships with friends to his value to future employers. Point out that change is part of life and that often things work out for the best. If he has to switch ideas halfway through a class project, for example, he might come up with something he likes even better.

### Worth quoting

"What good is the warmth of summer, without the cold of winter to give it sweetness." *John Steinbeck*

### Just for fun

**Q:** What has two hands, a round face, always runs, but stays in place?

**A:** A clock!



## A place for respect

Where's the best place for your child to show respect? Everywhere! Share these pointers to encourage respect no matter where he is.

### School

Together, talk about ways kids are respectful—or not respectful—in his classes or after-school activities. He could compare a classmate who waited his turn patiently during a group discussion vs. the one who kept interrupting everyone else. Then, ask about times your middle grader finds it hard to show respect. For instance, maybe he thinks a teacher doesn't grade his papers fairly. Explain that he still needs to approach him with respect—and that the teacher is more likely to listen to him that way.

### Social events

Prep your child for how to behave at family gatherings. For starters, you might let him know that relatives won't appreciate playing second fiddle to his phone or video game. Remind him to look people in the eye when they're



talking and to answer questions politely. It's also a nice show of respect to be interested in their lives and to ask questions back. ("How's everything in Cleveland, Aunt Martha?")

### Home

There's no question that life goes more smoothly when family members treat each other with respect. Consider writing up a few "Family Rules of Respect." Each person could contribute an idea or two, and then work together to follow them. Some ideas: "Speak in a nice tone of voice." "Ask before borrowing something." "If you break or tear it, fix or replace it." 👍

## Do your work carefully

Your middle grader might know how to solve  $831 \times 427$  or how to spell *chromosome*—but if she isn't careful, she could still get the answer wrong. Here are ways for making sure her work shows what she knows:

- Encourage her to take care with the little things so they don't turn into mistakes. For example, did she line up the numbers properly in her math problems? Did she include all the steps in her lab report?
- Have your child reread papers and essays before turning them in. A tried-and-true system is to lay a sheet of paper on top of her work and slide it down slowly, reading one line at a time. Or she could try this trick: Look for one type of error (spelling, punctuation, grammar) on each reading. 👍



# Reading: The right connections

When your tween reads, making meaningful connections can help her understand the text and enjoy reading more. Suggest these strategies.

**Connect with characters.** Ask your middle grader to think of ways in which she is similar to a book character. Maybe the character just started middle school. Your child could think back to how she felt on the first day of school (nervous, excited) to help her understand the character's behavior.



**Connect with other books.** What is the theme of the book, and how is it similar to other books she has read? For instance, the story might be about growing up. Your youngster may compare it with other coming-of-age novels she has read—what do they

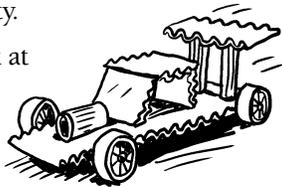
have in common? Perhaps she'll notice that characters discover important things about themselves or that they start to think more about their futures.

*Idea:* Your tween can deepen her understanding of the plot by jotting down the connections she makes in a journal. 🍷

## Activity Corner Start your engines!

Can your middle grader use his noodle to build a race car out of pasta? Encourage him to explore engineering with this activity.

**1.** Let him look at pasta in the grocery store and think about which shapes would fit together to make a car. *Examples:* lasagna for the base, spaghetti threaded through penne for axles, wagon wheels for tires.



**2.** Suggest that he sketch a model of his race car on paper.

**3.** Using his sketch, he can arrange the uncooked noodles and attach the parts with craft glue.

**4.** To test his vehicle, he could make a ramp by leaning a piece of cardboard against a stack of books. Then, he's ready to send it down the ramp and measure the distance it travels.

**5.** Based on his results, have him redesign and retest until he comes up with the ultimate race car. *Idea:* A friend or sibling could make one, too, and they can race. 🍷



## Together time

Parent-child relationships are a lot like gardening—tend them with care, and watch them grow! Use these tips to stay close to your middle grader.

### Catch up

Try to spend 15–20 minutes a day in one-on-one time. Let him show you something he's working on, like a song on his guitar or his math homework. Or you might chat about school or friends before he goes to sleep.



### Tune in

When your child wants to talk, stay focused on what he's saying. You could close your laptop if he comes to you for help or put down your magazine if he starts to talk about his day.

### Make plans

Ask your youngster what special things he'd like to do together, and write them on your calendar. Maybe he'd like to play racquetball on the weekend or go to an art fair next month. 🍷

## Parent to Parent Alcohol...already?

I recently heard a startling statistic: About a third of eighth graders say they've had alcohol in the past year. My daughter Sabrina is in eighth grade, and it really concerned me to think of children her age drinking.

I asked Sabrina how she feels about underage drinking. She said it can be dangerous and assured me she wouldn't break the law. I was happy to hear that, but I know it's hard to say no to peer pressure.

So we talked about ways to avoid pressure, like only going to parties supervised by adults. I reminded Sabrina that saying yes to drinking could lead to her being arrested or suspended from school and activities. I also mentioned that alcohol can make people do embarrassing things and even lose friends.

Sabrina didn't say much, but I'm hoping she'll remember our conversation. I plan to bring up the subject regularly to help her think twice about drinking. 🍷



### 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  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfeustomer@wolterskluwer.com  
www.rfeonline.com  
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## HOLIDAY BAND CONCERT AND SOUP SUPPER

Rehearsals are under way for this year's Holiday Band Concert that will be held at 7:00 p.m. on Tuesday, December 9<sup>th</sup>, in the high school theater. The concert will feature selections from the middle school and high school concert bands. There is no admission charge for the concert.

Our middle and high school solo and small ensemble groups will be performing holiday music during a Soup Supper hosted by the Band Boosters Organization in the gym commons prior to the concert. They will be serving chili, potato, or chicken noodle soup at a cost of \$5.00 per person from 5:30 to 7:00 p.m.



## YHS/YMS CHOIR CONCERT



Come join us for the YHS & YMS Christmas Choir Concert. The students have been working very hard and are looking forward to giving you a great performance. It will be held on Monday, December 15<sup>th</sup> at 7:00 pm in the York High School Theater. The concert will feature selections by the YMS 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade choirs and the Expressions Show Choir. The concert will also include the YHS Choirs, including the Dukes & Duchesses. This evening will fill your heart with song. Come support the York Vocal Music Department.

### **Student Family at York Middle School:**

**Spaghetti Houses:** The next student family group activity will be the building of spaghetti houses. Each student family will build 3 spaghetti houses, one for each grade level. Building 3 houses is a new idea this year and is generating a lot of enthusiasm within the student families. The demolition will take place on Friday, December 12 where we will crown a champion. Stay tuned for the results!

**Pull Tab Challenge:** Student families continue to collect pull tabs for the Ronald McDonald House Charities in Omaha. The Baldrige Student family was the November winner and enjoyed a pizza party from Sam and Louie's. We have set a very lofty goal of collecting 1,000,000 tabs for the school year so we need your help. Have your friends help collect or if you know businesses that have tabs, have them get involved with the challenge. Start saving your tabs and let's all "pull" together to provide families with critically ill children a "home away from home."

If you would like to learn more about the Ronald McDonald House Charities in Omaha go to [www.rmhcomaha.org](http://www.rmhcomaha.org)



## Eighth Grade Students Explore Careers

Students in the eighth grade have been busy the past few weeks with exploring options for their futures. At the beginning of November, the students took an Interests and Skills tests through the Nebraska Career Connections website. These results were then used to guide them through suggested career options.

On November 8, the students were able to attend the Life Skills Pep Rally in Lincoln. At this event they heard from numerous UNL student athletes and coaches speak of setting goals for the future and then working hard to achieve those goals. After the Pep Rally, the students were able to receive a tour of several of the programs offered at SCC-Lincoln.

Since then, the students have been working on a research paper in which they are narrowing down a specific career and seeking out the job description, salary, and job outlook of their chosen career. All of this will assist them with preparation for creating their four-year high school plan in January.



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## The Trial of Santa is Coming to YMS

A group of eighth grade students are working to put together a play to be performed the last day of school before Christmas break. The play is *The Trial of Santa*, and it features “the trial of the century” in which a young girl and her mother sue Santa because she did not get the gift she had requested. This entertaining play includes Judge Trudy, several elves, Rudolf, and even jolly Saint Nick himself. The play is distributed through Playscripts, Inc.

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## 8<sup>th</sup> grade computer courses Web Apps and Programming:

Students are exploring and learning the constantly changing world of Web Applications and Computer Programming. Topics/units covered so far this year include: Digital Citizenship, Internet Safety, Biographic Website Design and Creation, Introduction to Coding, and Game Design and Creation. Currently, the students are putting the finishing touches on their Thanksgiving Themed games they created using the Web App Scratch.



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## Information Technology:

The students in this class spend their time looking at the more conventional/business uses of computers and networks. Topics/Units covered so far this year include: Microsoft Word, Network Design and Hardware, Computer Hardware Care and Cleaning, Internal removal and replacement of hardware. Currently the students just completed a unit and they all successfully completed a test in which they had to troubleshoot and then fix over 16 different issues dealing with the internal parts of the computer making the computer once again operable, great job students!



## Wellness News from Donelle Ellison, YPS school nurse . . . .

In the winter, the cold air that seeps into your home from the outside has a lower humidity -- meaning that it carries very little moisture. You crank up the heat inside your house, which adds warmth but doesn't increase the amount of moisture in the air.

Because wintertime humidity is so low, what little moisture that is around is quickly sucked up into the air. Moisture also evaporates from your body, leaving your skin, nose, and throat parched.

### Dry Sinuses

Cold, dry air pulls moisture from your mouth and nose, leaving your nasal passages dried out and your throat dry. Dry nostrils are more likely to crack and give you a nosebleed.

Because your nose needs goopy mucus to trap viruses and other icky invaders before they can get you sick, dry nostrils can also make you more vulnerable to colds, sinus infections, and the flu. That's especially a problem in winter, when bacteria and viruses can tend to linger longer in the dry air after someone coughs or sneezes.

When you turn up the thermostat in your home, your heating system kicks up clouds of dust, pollen, and other allergens that can inflame your sinuses. Cold, dry air plus those allergens can also irritate your airways. For some people with asthma, cold and dry air can lead to a narrowing of breathing passages and trigger an attack.

### Thirsty Skin

Cold air sucks out skin's moisture, which is why young, smooth hands can look older in the winter months. Taking hot showers can worsen dry, itchy skin by removing the natural layer of oil that preserves and protects the skin's moisture.

Your lips also take a beating in the winter. The cold wind outside, combined with the dry air inside can leave you with dry, chapped lips.

### Rehydrate

Don't suffer in dryness. Here are a few tips for putting the moisture back into your home, and your body:

**Use a humidifier.** Running a humidifier in your home will add moisture to dry, heated air. The moist air will help keep your skin, mouth, and nose lubricated, and helps prevent those nasty static shocks. Your goal is to aim for a comfortable home humidity level of between 30% and 50%. Don't crank up the humidifier higher than that, though, or you could develop another problem -- mold, fungi, dust mites, and other tiny critters. Make sure to keep your humidifier clean so that it doesn't send dust and germs spewing into your house.

**Seal your home.** Prevent the cold, dry air outside from paying you an unwelcome visit. Insulate your home so you don't have to turn up the heat. Close any air leaks in doors, windows, attics, and crawl spaces with caulk, spray foam, or weather stripping. Sealing off air leaks will also help you save money on your monthly heating bill, because you'll feel warm and cozy enough to turn down the thermostat a few notches.

**Hydrate often.** Keep your skin and mouth moist by drinking water throughout the day. Don't like water? Tea and juice are also good ways to rehydrate.

**Shorten your showers.** Long, hot showers might feel great on frigid winter mornings, but the heat and steam can really dry out your skin. Turn the water temperature down to warm -- not hot -- and use a gentle soap. Get out as soon as you're clean, or under 15 minutes, whichever comes first.

**Moisturize.** Rub a thick oil-based moisturizer onto your skin frequently each day, especially after you take a shower or bath. The oil in the product will lock moisture into your skin and keep it from drying out. Moisturizers come in different forms, but ointments will provide the most protection for dry skin. Make sure to apply moisturizing sunscreen with SPF 30 to exposed skin before going outside. Also apply a lip balm or petroleum jelly to protect against chapped lips. Help keep your nasal passageways moist by using salt water (saline) drops or rubbing a little petroleum jelly (Vaseline) into each nostril gently with a cotton swab.

We are seeing an increase in bloody noses, dry cracked skin and lips in the nurse's office. You can help your student at school by providing chap sticks or lip balms, lotions and gloves to use to protect hands from the cold dry wind at recess. Other ways to keep students happy and healthy through the winter months.....wash hands often, cough into your elbow, eat more foods with Vitamin C like oranges and juices, drink plenty of water, make sure they wear ear protection like hats and ear bands, wear gloves/mittens and dress in layers to stay warm when outside. Be very careful about dosages of over the counter medications and double check with your doctor or pharmacist so you are not giving them too much. Combination medication that say they treat cold symptoms and temperature have different medications mixed together so read the active ingredients carefully. Feel free to contact either school nurse for any questions or concerns you may have.



## Weather Related Emergency School Closing Procedures

In case of a weather emergency, we will follow the same procedure that has been in practice in the past years. That procedure is as follows:

1. Radio Station KAWL-AM (1370) and KTMX-FM (104.9) will again serve as our primary source for dispensing "school closing information". They are both 24 hour stations.
2. If severe weather necessitates an early dismissal, a school cancellation, or information concerning school buses, it will be broadcast regularly on KAWL and KTMX.
3. Bus drivers are instructed to use good judgment in determining whether a road is passable. Drivers will notify parents where children can be loaded if a specific road cannot be traveled. Buses will travel the regular routes and maintain a time schedule consistent with the conditions of the roads.

### **FILE: EBBDA      POLICY ON SCHOOL DISMISSAL FOR INCLEMENT WEATHER**

The York Public Schools will be closed, when in the determination of the Superintendent of Schools or his/her designee, the weather conditions constitute a hazard for students going to or from school.

When regular morning school bus routes cannot be run due to road conditions, yet travel in town is not seriously hampered, school may remain open. When possible a "limited service" bus route shall be run anytime school remains open and it is not possible to run regular routes.

The starting time of the morning session may be delayed when necessary.

When, during the school day and while school is in session, it is necessary to send bus pupils home early, school may be dismissed for all students.



**The local news media will be notified of school closing information when inclement weather warrants such action. The information is broadcast regularly by television and radio stations.**

**School closing information will be available on the school web page ([www.yorkpublic.org](http://www.yorkpublic.org)). and through Duke Alert for parents who have subscribed.**





## Breakfast Choices



Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- **NEW!** 100% Fruit Juice available daily!
- Milk choices



## Fruit and Juice Available Every Day

Start your day off right

## Stop & Go Breakfast-High School Only

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

Choices Daily:

- Pancake Minis
- Bagel & Peanut Butter
- Bagel & Yogurt
- Fruit & Yogurt Parfait with Goldfish Grahams



Includes Fruit or 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	\$1.30
Adult Breakfast	\$2.00
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	Tues	Wed	Thurs	Fri
1 Cheese Omelet Toast Fruit 100% Fruit Juice Milk Choices	2 Homestyle Sausage Gravy over a Fresh Baked Biscuit 😊 Fruit 100% Fruit Juice Milk Choices	3 Waffles with Syrup Fruit 100% Fruit Juice Milk Choices	4 Breakfast Pizza Fruit 100% Fruit Juice Milk Choices	5 Fresh Baked Cinnamon Roll 😊 Fruit 100% Fruit Juice Milk Choices
8 Breakfast Pizza Fruit 100% Fruit Juice Milk Choices	9 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit 100% Fruit Juice Milk Choices	10 Pancakes with Syrup Fruit 100% Fruit Juice Milk Choices	11 Oatmeal w/Topping Bar 😊 Fruit 100% Fruit Juice Milk Choices	12 Fresh Baked Cinnamon Roll 😊 Fruit 100% Fruit Juice Milk Choices
15 French Toast Sticks With Syrup Fruit 100% Fruit Juice Milk Choices	16 Egg & Cheese Taco Roll Fruit 100% Fruit Juice Milk Choices	17 Homestyle Sausage Gravy over a Fresh Baked Biscuit 😊 Fruit 100% Fruit Juice Milk Choices	18 Breakfast Pizza Fruit 100% Fruit Juice Milk Choices	19 Fresh Baked Cinnamon Roll 😊 Fruit 100% Fruit Juice Milk Choices
22	23	24	25	26
29	30	31	<p><b>Happy Holidays!</b></p>	
		<p><b>Classes Resume</b> 1/05/2015</p>		

**Questions or comments** - Contact Susan Gracey, Area Manager at 402-984-4546 or [susan@lunchtimesolutions.com](mailto:susan@lunchtimesolutions.com) or Mitch Novak, Foodservice Director at 402-363-9169 or [mitch@lunchtimesolutions.com](mailto: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.*



### Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. Each student is required to have 1/2 cup of fruits or vegetables on their tray.



### December Selection: Hydroponic Tomatoes

A winter treat! Check out the benefits of eating tomatoes on the poster in the dining room or go to: <http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

### Other Entrée Choices Available Daily:

#### D. Deli Wrap Entrées

- M** Combo Deli Wrap
- T** Fajita Chicken Wrap
- W** Turkey Deli Wrap
- Th** Ham Deli Wrap
- F** Grilled Chicken Wrap

#### E. Vegetarian Entrées

- M-W** Vegetarian Salad
- T -Th**, Fruit, Yogurt & Cheese Plate
- F** Cheese Plate

(All E. include roll or breadsticks)

### Lunch Meal Prices & Extras

MS Lunch	\$2.60	Extra Entrée	\$1.75
Chef Entrée	\$2.00	Extra Side	\$0.50
Adult Lunch	\$3.35	Extra Milk	\$0.45

Adult **ONE TRIP** Fruit & Veggie Bar \$1.75

### Chef Day Asian Fried Rice w/Chicken - 12/15

Chef Joe prepares a classic Asian dish - sizzling fried rice with vegetables and Asian-seasoned sautéed chicken.

This entrée is available for \$2.00. The Fruit and Veggie bar and Milk can each be purchased separately for an additional amount. You must have money in your account to choose this entrée.

Mon	Tue	Wed	Thu	Fri	
1 Breakfast for Lunch A. Pancakes and Sausage B. Sloppy Joe 😊 C. Sub Sandwich  Tri-Tator Hashbrown	5 A. Hot Ham & Cheese Sandwich B. Pizza Hut Pizza 🍕 C. Combo Sandwich  Golden Corn ✓ 	3 <b>NEW!!</b> A. Cheese Quesadilla w/ Enchilada Soup 😊 B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich  Black Beans ✓	4 A. Homestyle Cavatini 😊 B. Mini Corn Dogs C. Chef Salad Breadsticks  Green Beans ✓ Fresh Baked Cookie	2 A. Golden Macaroni & Cheese 🍝 B. Baked Chicken Nuggets C. Oriental Salad Breadsticks Peas ✓ Fresh Baked Carnival Cookie	
8 A. Cheeseburger B. Scalloped Potatoes with Ham 😊 C. Sub Sandwich Green Beans ✓  <b>Hydroponic Tomatoes on F&amp;V Bar</b>	12 A. Pizza 🍕 B. Toasted Cheese Sandwich w/ Tomato C. Deli Wrap  Mixed Vegetables ✓	10 A. Homestyle Meatloaf Whole Grain Roll 😊 B. Baked Chicken Nuggets Whole Grain Roll C. Sub Sandwich  Mashed Potatoes & Gravy	11 A. Hot Pepperoni Sub B. Grilled Chicken Sandwich C. Oriental Salad Breadsticks Baked Beans ✓ Fresh Baked Chocolate Chip Cookie	9 A. Enchilada Hotdish 😊 B. Hot Dog C. Fajita Salad  Golden Corn ✓ Cinnamon Breadstick	
15 A. Fajita B. Pork Fritter Sandwich C. Sub Sandwich  Black Beans ✓ 	19 A. Taco Burger B. Pizza Hut Pizza 🍕 C. Deli Wrap  Peas ✓ 	17 A. Spaghetti with Meat Sauce 😊 B. Baked Crispy or Spicy Chicken Sandwich C. Chef Salad Breadsticks Green Beans ✓ Gelatin Dessert	18 A. Ham Slice 😊 B. Baked Chicken Nuggets Whole Grain Roll C. Sub Sandwich  Scalloped Potatoes Candied Carrots Holiday Cookie  <i>Holiday Meal</i>	16 A. Beef Stroganoff 😊 B. Corn Dog C. Crispy Chicken Salad Breadsticks  Golden Corn ✓	
22  <h3>Happy Holidays</h3> <p>from your Lunchtime Solutions food service staff!</p>		24 		25 	26 
29 <b>Chef Day</b>	30 <b>Classes Resume</b>  <b>1/05/2015</b>		31 <b>New to the Menu 12/3</b> <b>Cheese Quesadilla with Enchilada Soup-</b> Enjoy a warm soft quesadilla filled with melted cheese served with enchilada soup—beef tomatoes, peppers & rice with just a little spice!	<b>Menu Notes:</b> <b>All breads comply with USDA whole-grain rich standards.</b> Homestyle/Scratch 😊 Vegetarian 🌱 Non-Grain Fiber ✓	

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

Menus are subject to change without notice.

Questions or Comments? Contact: Susan Gracey, Area Manager at (402) 984-4546 or [susang@lunchtimesolutions.com](mailto:susang@lunchtimesolutions.com) or Mitch Novak, Foodservice Director at (402) 363-9169 or [mitch@lunchtimesolutions.com](mailto:mitch@lunchtimesolutions.com)

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# December 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 2:00 Dismissal	4 7 GBB-Home vs Aurora @ YES 4:30pm 8 GBB @ Aurora @ H/S 4:30pm	5	6 Duke Hoops
	B	G	B	G	B	
7	8 8 GBB - Home vs Seward @ YMS 4:30pm 7 GBB @ Seward M/S 4:30pm 7 & 8 WR @ Central City Invite 5:00pm Board of Ed. Mtg.	9  <b>YHS/YMS Christmas Band Concert 7:00pm</b> <b>YHS Theater</b>	10 2:00 Dismissal	11 7 & 8 WR - Home vs Seward @YMS 4:30pm	12	13 7 & 8 WR @ Boone Cent. Inv. 9:30am Duke Hoops
	G	B	G	B	G	
14	15  <b>YHS/YMS Christmas Choir Concert 7:00pm</b> <b>YHS Theater</b>	16 7 & 8 GBB-Home vs Beatrice 7 @ YES 8 @ YMS 4:00pm	17 2:00 Dismissal	18	19 End of 2nd Quarter  <b>School Dance</b>	20 7 & 8 WR @ Seward H/S 9:00am
	B	G	B	G		
21	22 Teacher Flex Day Work Day Board of Ed. Mtg.	23	24	25 	26	27
	..... <b>NO SCHOOL - Christmas Break</b> .....					
				<b>Christmas Day</b>		
28	29	30	31 New Year's Eve			
	..... <b>NO SCHOOL - Christmas Break</b> .....					

Wishing you a Merry Christmas!! School Resumes January 5, 2015