

YMS



Be Safe, Be Respectful, Be Responsible

February 2015

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.

Cyber-Bullying

There is a new kind of humiliation in schools these days—bullying on the Internet. Children are using the anonymity of the Internet to harass other children, spread cruel rumors, and sometimes even threaten physical harm. And the worst thing is that it can happen anywhere, anytime. The same technology that has brought so many benefits is also bringing pain to far too many children, while allowing others to brutalize their peers without the chance of getting caught.

There's nothing new about bullying, but the Internet has made it a far easier thing to accomplish. By simply creating a separate screen name or instant message (IM) identity, kids can use the Internet to send hate mail that in most cases can't be traced.

Studies have found that as many as one in four children has been harassed online. Instant messaging has replaced the pre-teen rituals of the past—passing notes and talking on the phone. IMs are where the vast majority of bullying takes place online. Unlike computer screen names, people can create an unlimited number of IM names for themselves. Kids use this as an opportunity to create untraceable identities that they use to bully others online.

Report to Parents, provided by National Association of Elementary School Principals.

How to Battle Cyber Bullying

Parents:

- Keep computers in a common room.
- Understand and monitor your child's Internet use.
- Discuss "netiquette" and online safety with your child.
- Ask questions if your child seems upset after going online.

Online users:

- Never give out passwords or PIN's to friends.
- Don't send messages when you are angry. Never say something in an e-mail that you wouldn't say to somebody's face.

If you are a target:

- Do not open, forward, read or respond to messages from cyber bullies.
- Save all messages as evidence.
- Tell a trusted adult about the problem.

If you are threatened with harm, call the police.

High-tech harassment is hitting teens hard, by Leslie A. Pappas, Inquirer Staff Writer

Parent Teacher Conferences

Parent teacher conferences will be held February 11th, 12th & 13th. YMS will have a 2:00 dismissal on Feb. 11 & 12 with P-T Conferences scheduled from 4:30-8:30, both evenings. On Friday, February 13th, conferences are scheduled from 8:00-12:00am & 1:00-4:00pm.

The 6th and 7th grade spring conferences at YMS are open, non-scheduled conferences. Parents may attend at their convenience during the scheduled times. The one concern of this type of conference is the potential for a waiting line to see a particular teacher. We ask that conferences be kept to approximately 5 minutes per teacher. This will allow lines to keep moving and give all parents a chance to see their child's teachers.

The 8th grade will be conducting student-led conferences. This conference format is designed to have students take more ownership in their learning process, their grades, and in goal setting for the future. Core teachers will still be available in the commons area to meet with parents individually.

Finally, we know parents are busy, but it is important to carve out time to invest in your child's education and ensure success at school. To get the most out of parent-teacher conferences, parents need to take an active role in their child's education year-round and come prepared to discuss how their child can reach their full potential. YMS is blessed to have such tremendous support from our parents. Our attendance rate is AMAZING!

We look forward to seeing everyone during Parent Teacher Conferences.

If you have any questions please feel free to contact the middle school at 362-6655, option #1

Sincerely,
Brian Tonniges, Principal

Middle Years

Working Together for School Success



Short Stops

Being assertive

Does your middle grader know how to assert herself?

Have her practice clearly expressing what she needs. If a friend borrowed her sweatshirt and hasn't returned it, she could call and say, "I need it back by tomorrow morning, please." As she gets more comfortable speaking up for herself, her confidence will grow.

Extra reading time

Try this idea to get your middle grader to read more. Consider letting him stay up 15 or 30 minutes later if he spends that time reading for pleasure. Read in the living room as a family, or he can read in bed. You might even like to read the same book, then discuss it when you're finished.

DID YOU KNOW?

Companies spend billions of dollars marketing to kids. Help your child be a savvy consumer by encouraging her to notice product placements, such as candy bars as characters in video games or soda cups on TV reality shows. When she spots one, discuss whether it influences her and how she thinks it affects others.

Worth quoting

"Deal with the faults of others as gently as with your own."

Chinese proverb

Just for fun

Q: When is a black cat very bad luck?

A: When you're a mouse.



Typical tween behavior

As your child goes through the middle grades, you can see the rapid changes his body is making. But his brain is also changing, causing normal tween behaviors like these.

Push-pull

You might notice that your youngster wants to venture off and do his own thing—but still look back to see that you are there. This gives him security and comfort. So let him have space and spend time with friends, but don't assume he doesn't need you. Ask about his life regularly, and attend his school or extracurricular activities when you can. Also, plan fun times together to keep him in touch with family.

Mood swings

One minute your child is cooperative and pleasant, willing to vacuum the car or play with his little brother. The next, he's slumped on the couch, communicating only with grunts or shrugs. Tween moods tend to shift quickly and without warning! You can help by staying calm and



upbeat. And where possible, save serious conversations ("We need to talk about your grades") for when he's in a more receptive mood.

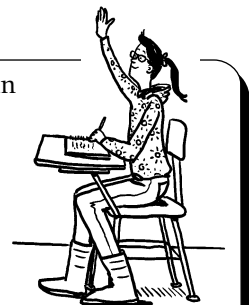
Risk-taking

Middle graders don't always stop and think before acting. The good news is that you still have influence over your youngster and can motivate him to make good decisions. Bring up important topics often, and be clear about your position. *Example:* "I've heard kids are sharing prescription medications. That concerns me because it's dangerous and illegal." He will likely be listening more than you know. 👍

You've got my attention

Concentrating in class not only lets your child learn—it can also prevent her from distracting others. Share these creative strategies for staying tuned in:

- Picture an imaginary tunnel between you and the teacher as she talks. Purposely ignore anything that happens outside of the "tunnel," like a classroom door opening or students whispering behind you.
- Make predictions, and listen to see if you're right. For instance, predict what will happen next in the presidential campaign the teacher is discussing.
- Use the SLANT method: **S**it up in your chair, **L**isten, **A**sk questions, **N**od when you understand, and **T**rack the teacher as she speaks. 👍



Learn with homework

Learning doesn't end when the last bell rings. Help your child get as much as possible out of homework with these tips.

Be ready. Have your tween gather everything she needs before she begins working. She'll learn more if she doesn't have to stop to sharpen pencils, search for her dictionary, or call a friend to find out which problems she's supposed to do. *Tip:* For handy reference, she might bookmark class websites and links to electronic textbooks.



Make it relate. When your middle grader has choices in her assignments, encourage her to think about her interests. For instance, if she has to write word problems for math, she could make them about fashion or music. If she needs examples of natural resources for an economics report, she can look at the country her grandparents came from.

Start the timer. Suggest that your child pick one specific task (making an outline) and set a time limit (10 minutes). That will help her get going, and accomplishing something may energize her to continue. 👍

Forecast: A fit winter

Don't let chilly weather keep your family from being active this winter. Stay fit—and have fun together—with these three ideas.

1. Go sledding. Balancing and steering a sled, and walking back up the hills, will give muscles a workout. Your child could pull a younger sibling on a sled, too.



2. Think summer. Try traditional warm weather activities like Frisbee or badminton in your backyard or at a park. For a real summery experience, find your beach towels and swimsuits, and go to an indoor pool.

3. Create a fitness course. Does your area get a lot of snow? As your youngster shovels, he can pack the snow into obstacles like mounds to climb and mazes to navigate. In a milder climate, he might build a course on grass with cones to run around and hula hoops to jump in and out of. Time each other going through your course. 👍



Q&A

Curing the “gimmies”

Q My son wants everything he sees. How can I teach him that there are limits on what he can have?

A At this age, your child knows the difference between needs and wants—but he might not always think about it. Remind him of choices you make in your household. For instance, the water bill must be paid to keep your water running, but getting a new gym bag may have to wait.

Having your son pay for his own wants will help teach him the value of money. Perhaps he gets an allowance or earns cash from odd jobs. He will quickly see the results of his financial decisions. For example, if he buys too many smoothies and doesn't have money to see a movie with friends, maybe he will make better choices down the road. 👍



Parent to Parent

How to boost critical thinking

During my recent job search, I learned that critical thinking is a key skill employers look for. So when I heard about a free seminar on the topic, I decided to go. As the presenter spoke, I realized the information could help my eighth grader, Josie.

For instance, critical thinkers analyze situations from different viewpoints. I told Josie that I'd heard our school district was considering later start times for students, and I asked her opinion. She thought it was a great idea (of course—she would get to sleep later!), but then

I asked why people might be against it. She thought about it and said a later schedule might interfere with after-school activities or jobs.

I also learned that critical thinkers ask a lot of questions and reflect on how and why things happen. When Josie mentioned a famous battle her class studied, I asked, “Which side did you agree with?”

and “Why do you think the other side felt they were right?”

The end result of all this? Better discussions for us, and better thinking for her! 👍



OUR PURPOSE

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

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What Makes Someone a Good Student?

Understanding a Key Quality Good Students Have

What characteristics separate a good student from a mediocre student? To best answer this question, we need to look at the students' personality more than at their in-born abilities.



Characteristics of a Good Student

A good student usually demonstrates a number of characteristics. In-born characteristics like intelligence and cognitive skills do play a role; a child must be able to learn in order to achieve academic achievement. But most students in any given classroom have average - and similar - abilities. Still, some students stand out more than others, getting better grades and grasping material more deeply. Why? Exposure to material, parental involvement, and contextual factors like the child's school and teachers are important. But psychologists and teachers are increasingly realizing how central a child's personality is to academic success. In particular, an aspect of personality called academic resilience may be key to your tween's success in school.

What is Academic Resilience?

Academic resilience is a more specific version of the larger concept of resilience. Academic resilience refers to a student's willingness to persevere at academic tasks even when they are frustrated. In other words, academically resilient children do not give up, no matter what faces them.

An Example of Differences in Academic Resilience

Let's say that 10-year-olds Roger and Tory have nearly identical math skill sets and intellectual aptitude. Roger, however, has high academic resilience while Tory has low academic resilience. When their teacher introduces a challenging new type of math problem, they probably both experience frustration and make similar errors. Due to his personality, though, Roger is much more likely than Tory to fight to master the new math skill.

Why Does Academic Resilience Matter?

Learning anything is an inherently frustrating process. How can it not be? If we knew it all already, we would not be "learning"! Therefore, having a personality that is more likely to plow on despite frustrations - that is, being academically resilient - is a major factor in academic success and in helping a child become a good student. Using the previous example, Roger's success at the math skill is not based on some innate "intelligence" or "talent" with math - as we said, he and Tory are equally skilled - but rather occurs because he has greater fortitude to learn the skill, whatever it takes. As a result, Roger will be more likely to get strong grades and to be considered a "good student" than Tory. Tory may eventually master the new skill, but it will probably take him much longer. In addition, as academic challenges increase in later grades, he may simply give up trying.

How you can Support Characteristics of a Good Student in Your Tween

While personality is partially in-born, it can be greatly influenced by experience. Therefore, you can promote academic resilience in your tween and help him become a good student by encouraging him or her to not give up when hard times arise. You can also model academically resilient behavior by demonstrating how you do not give up when you face intellectual challenges - like trying to find an error in your check register, or mastering a new computer operating system at home or at work. Let your tween be an active part of your journey through frustration to mastery. By watching you be persistent, they'll be more likely to act the same way themselves.

Source:

McTigue, Erin M., Washburn, Erin K., & Liew, Jeffrey. Academic Resilience and Reading: Building Successful Readers. *The Reading Teacher*. 2009. 62: 422-432.

2015 York County Spelling Contest



Congratulations to the following students who qualified for the York County Spelling Contest on Wednesday, February 4. Participating from the 6th grade will be Ella Hoegh, Anna Liston, Bo Lucas, Kobie Lyons, and Jake Schmid. Alternates are Reyannon Gossard, Elizabeth Liston, Jaylen Naber, Lauren Thomas and Meaghan Rowe. Spellers from the 7th grade who will be participating are Dean Erdkamp, Sevanna Gewinner, Lilly Holthus, Jasmine Kuester, Andrea Saxer, and Jakob Werts. Alternates are Aislinn Luther, Lindsey Stuckey, Anne Thomas, and Beau Woods. Participating from the 8th grade will be AJ Beins, Bradyn Heiss, Brendan Lee, Jeb Lucas, Hannah Norquest, and Gavin Perryman. Alternates are Gwen Arthurton, Phoenix Gossard, Connor Nolan, Katherine Sieck, and Garrett Snodgrass.

We wish you the best of luck!

Parent-Teacher Conferences

Wednesday, February 11, 4:30 - 8:30 p.m.

Thursday, February 12, 4:30 - 8:30 p.m.

Friday, February 13, 8:00 a.m. - 12:00 / 1:00 - 4:00 p.m.



Parent-teacher conferences are scheduled for York Middle School.

The eighth grade team is excited to try Student-led Conferences.

This format is to encourage each student to take more ownership in the learning process, in their grades, and in setting goals for the future. These are scheduled conferences with the student, parent, and teacher. A letter will be sent home to the parents of eighth grade students with their scheduled time.

Parents of 6th and 7th grade students will be able to see teachers at their convenience. Teachers will be in their classrooms. Conference times with individual teachers will be approximately 5 minutes long to allow teachers time to visit with as many people as possible.

Prior to parent-teacher conferences, please look over your child's school work. Check tests and homework grades. If you find low grades on any work, it can then become an area of focus at the conference. Talk to your child. He or she is likely to have insights on what's happening to them academically at school. Please make a list of questions so you won't forget anything you may want to say or ask. Feel free to be honest with your concerns.

After the conference with the teacher, go over what was said with your child. In the end, the student is the one who must take charge of their education. He or she needs to know the positives and the areas that are recommended for improvement.

If you cannot attend a conference on these dates, please call YMS at 402.362.6655, option 1 to arrange an alternate time. We hope to see you at our upcoming parent-teacher conferences!

Please note YMS students will have a 2:00 dismissal on Thursday, February 12!



Fifteenth Annual York Middle School Honor Band Day

We will be hosting our fifteenth annual “York Middle School Honor Band Day” on Saturday, February 28th. We are expecting over 300 area 7th and 8th grade band students to attend. Students rehearse in the afternoon to prepare for a final concert which begins at 6:30 p.m. in the York High School Theater.

Rebecca Wilhelm, Director of Bands at Norris Middle School, will direct the 7th Grade Band. The conductor for the 8th Grade Band will be Jim Kucera, the Band Director at Waverly Middle School.

York Middle School Musical March 19 & 20 YHS Theater at 7:00 p.m.



Auditions are finished and rehearsals are underway. The 6th, 7th and 8th grade choirs are working hard to prepare for the musical *My Son Pinocchio Jr.*

Please join us for York Middle School’s performance of *My Son Pinocchio Jr.* on Thursday, March 19th and Friday, March 20st at 7:00 p.m. at the York High School Theater.

Parents, just a reminder of the mandatory dress rehearsal for all choir students on Wednesday, March 18th from 2:30 – 4:30 p.m.

We will also be needing many parent volunteers to help with set, props, snacks, etc. Please be watching for more information and contact us if you are willing to help, jessica.wagner@yorkdukes.org. Parents just a reminder, if your child is a member of the cast they need to bring their \$20 in as soon as possible.

York Elementary School Kindergarten Registration

February 3 - 6



If you have a child eligible for kindergarten (5 years old on or before July 31, 2015) you may register your child for Kindergarten any time between 9:15 - 11:00 a.m. and 1:00 - 4:00 p.m. on the following days:

Tuesday, February 3 – Last names beginning with A, B, C, D, E, F

Wednesday, February 4 – Last names beginning with G, H, I, J, K, L

Thursday, February 5 - Last names beginning with M, N, O, P, Q, R

Friday, February 6 – Last names beginning with S, T, U, V, W, X, Y, Z

If you cannot register at one of these designated times, please call 362-1414 for an alternate time. Registration should not take more than ten minutes.

Student News

PENNIES FOR PATIENTS

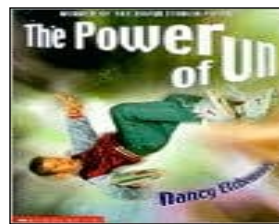


Student Families have been collecting change to donate to the Leukemia & Lymphoma Society. The challenge is for each Student Family to raise money and we will have a grand total for YMS to donate. Students who donate \$2 to Pennies for Patients can have their electronics out during lunch. They can choose to play a game or listen to music during their lunch.

The students have done a tremendous job of generously collecting their pocket change for a total of \$1,430.88.

York Middle School staff and students are participating once again in

One Book One School!



We are reading *The Power of Un* by Nancy Etchemendy. Every day during Student Family, advisors and students are reading this wonderful story about Gib Finney. Gib was just a regular guy, shooting spitballs and messing up his science experiments. But when he finds a device called the Unner, everything changes. Gib discovers that the Unner has the power to erase any and all mistakes. At first, Gib thinks this is better than winning the lottery: he'll never flunk another test or strike out again!

But after a terrible accident, Gib must decide which events he must undo to erase the disaster. He soon learns that some things are more worthy of "unning" than others, and some things can't be changed at all.



On Wednesday, February 11 and Thursday, February 12 All-Stars will be from 2:00 – 5:00 p.m. due to Parent-teacher conferences. Buses will run accordingly. If you have any questions please contact Amy Vernon at amy.vernon@yorkdukes.org.

FEBRUARY IS AMERICAN HEART MONTH



You might know someone who has cardiovascular disease because more than 60 million Americans have some form of it. About **one-third of young people ages 10 to 19 have blood cholesterol levels that are too high**-this is a risk factor for developing heart disease.

What Is Heart Disease? The heart is the center of the cardiovascular system. Through the body's blood vessels, the heart pumps blood to all of the body's cells. The blood carries oxygen, which the cells need. Cardiovascular disease is a group of problems that occur when the heart and blood vessels aren't working the way they should.

Here are some of the problems that go along with cardiovascular disease: **Angina:** people with angina feel a pain in the chest that means the heart isn't getting enough blood. **Heart attack:** when a blood clot or other blockage cuts blood flow to a part of the heart. **Stroke:** when part of the brain doesn't get enough blood due to a clot or a burst blood vessel.

Do You Get Heart Disease? Heart disease isn't contagious — you can't catch it like you can the flu or a cold. Instead, certain things increase a person's chances of getting cardiovascular disease. Doctors call these things risk factors. Some of these risk factors a person can't do anything about, like being older and having other people in the family who have had the same problems. But people do have control over some risk factors — smoking, having high blood pressure, being overweight and not exercising can increase the risk of getting cardiovascular disease.

What Are the Signs of Heart Disease? Many people do not realize they have cardiovascular disease until they have chest pain, a heart attack, or stroke. These kinds of problems often need immediate attention and the person may need to go to the emergency department of a hospital.

Can Children or Teens Get Heart Disease? Children usually don't have any symptoms of heart and blood vessel problems. But by starting heart-healthy habits right now, kids can reduce the chance they will ever need to worry about cardiovascular disease.

So what should you do? *Don't smoke - even E-cigarettes - they constrict your blood vessels. Stay away from energy drinks; they may contain 3 times the amount of caffeine than a cup of coffee. This will speed up your heart rate and may cause irregular heart rates that could be harmful.* Be sure to eat healthy, exercise, and maintain a healthy weight. Your heart and blood vessels will thank you later!

Since February is American Heart Month – Challenge yourself to try a new sport, a new exercise, quite smoking or pledge to never start and try new heart healthy recipes. Start with the recipe below for your sweetheart on Valentine's Day.

Chocolate Sweetheart Parfait

Note: Parfaits can be made up to 2 days in advance.

Prep time: 5 minutes

What you need:

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup shaved dark chocolate or chocolate chips

Equipment and supplies:

- Measuring cups and spoons
- Medium mixing bowl
- Whisk or fork
- Tall glasses, preferably clear



What to do:

- In medium bowl, whisk together cocoa powder and vanilla.
 - Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
 - Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
 - Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
 - Sprinkle each parfait with chocolate shavings or chocolate chips.
 - Serve or refrigerate until ready to serve.
- How much does this recipe make?**
4 parfaits



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

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
Ultimate Breakfast Round ² Diced Pears Juice Choices Milk Choices	Homestyle Sausage ³ Gravy over a Fresh Baked Biscuit 😊 Sliced Peaches Juice Choices Milk Choices	Cheese Omelet ⁴ Toast Mixed Fruit Juice Choices Milk Choices	Breakfast Pizza ⁵ Pineapple Juice Choices Milk Choices	Cinnamon Tastries ⁶ Applesauce Juice Choices Milk Choices
Breakfast Pizza ⁹ Applesauce Juice Choices Milk Choices	Breakfast Biscuit ¹⁰ Sandwich made with a Fresh Baked Biscuit 😊 Pineapple Juice Choices Milk Choices	Pancakes with Syrup ¹¹ Fresh Apple Slices Juice Choices Milk Choices	Breakfast Sliders ¹² Diced Pears Juice Choices Milk Choices	Fresh Baked Cinnamon Roll 😊 ¹³ Sliced Peaches Juice Choices Milk Choices NO SCHOOL-YMS/YES
French Toast Sticks ¹⁶ With Syrup Diced Pears Juice Choices Milk Choices  NO SCHOOL-YMS/YES	Homestyle Sausage ¹⁷ Gravy over a Fresh Baked Biscuit 😊 Pineapple Juice Choices Milk Choices	Egg & Cheese Taco Roll ¹⁸ Mixed Fruit Juice Choices Milk Choices	Breakfast Pizza ¹⁹ Sliced Peaches Juice Choices Milk Choices	Fresh Baked Cinnamon Roll 😊 ²⁰ Applesauce Juice Choices Milk Choices
Breakfast Pizza ²³ Pineapple Juice Choices Milk Choices	Oatmeal 😊 ²⁴ with Topping Bar Applesauce Juice Choices Milk Choices	Yogurt Choices with ²⁵ Goldfish® Grahams Orange Wedges Juice Choices Milk Choices	Pancake Sausage Stick ²⁶ Mixed Fruit Juice Choices Milk Choices	Fresh Baked Cinnamon Roll 😊 ²⁷ Diced Pears Juice Choices Milk Choices
Entrée Notes: 😊 Homestyle/Scratch ALL entrées comply with USDA Whole Grain Rich standards.		If there is a late start due to weather, breakfast will not be served.		

Questions or comments - Contact Susan Gracey, Area Manager at 402-984-4546 or susan@lunchtimesolutions.com or 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.



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.



February Selection: Kale

Kale is a SUPER food, full of many important nutrients. Learn more about it on the poster in the dining area or at: <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

Chicken Florentine Pasta

Florentine means "with a little spinach". This new recipe is sautéed tender chicken tossed with spaghetti with a little spinach and diced tomatoes added. Add red pepper for just a little heat, and you have a perfect new dish to try!

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
Soup-er Bowl Lunch 2 A. Cheese Quesadilla w/ Beef Enchilada Soup ☺ B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Black Beans ✓ 	3 A. Hot Ham & Cheese Sandwich B. Pizza ☺ C. Combo Sandwich Golden Corn ✓ Fresh Baked Carnival Cookie	4 Breakfast for Lunch A. Pancakes and Sausage B. Sloppy Joe ☺ C. Sub Sandwich Tri-Tator Hashbrown	5 A. Homestyle Cavatini ☺ B. Mini Corn Dogs C. Chef Salad Breadsticks Green Beans ✓ Fresh Baked Sugar Cookie	6 A. Homestyle Beef Stroganoff ☺ B. Baked Chicken Nuggets C. Oriental Salad Breadsticks Peas ✓
Chef Day 9 A. Cheeseburger B. Scalloped Potatoes with Ham ☺ C. Whole Grain Roll Sub Sandwich Green Beans ✓	10 A. Pizza ☺ B. Cowboy Beans over Fresh Baked Biscuit ☺ C. Turkey & Cheese Sandwich Mixed Vegetables ✓ 	NEW!! 11 A. Fiesta Taco Bake ☺ B. Hot Dog C. Fajita Salad Chili Lime Corn ✓ Cinnamon Breadstick	12 A. Homestyle Meatloaf ☺ B. Baked Chicken Nuggets Whole Grain Roll C. Sub Sandwich Sautéed Kale ✓ Mashed Potatoes & Gravy 	NO SCHOOL 13
NO SCHOOL 16	17 A. Super Nachos B. Pizza ☺ C. Oriental Salad Breadsticks Refried Beans ✓ Cinnamon Breadstick	18 A. Golden Macaroni & Cheese ☺ B. Baked Breaded Fish Sandwich C. Sub Sandwich Honey Glazed Carrots ✓	19 A. Tator Tot Hot Dish ☺ B. Whole Grain Roll C. Corn Dog Taco Salad Mixed Vegetables ✓ Fresh Baked Chocolate Chip Cookie	20 A. BBQ Rib Sandwich B. Toasted Cheese Sandwich w/ Tomato Soup ☺ C. Combo Sandwich Golden Corn ✓
23 A. Fajita B. Cheeseburger C. Sub Sandwich Black Beans ✓	24 A. Taco Burger ☺ B. Pizza ☺ C. Ham & Cheese Sandwich Peas ✓ 	25 A. Turkey & Gravy (over Mashed Potatoes) ☺ B. Whole Grain Roll C. Baked Chicken Nuggets Whole Grain Roll D. Sub Sandwich Mashed Potatoes & Gravy	26 A. Spaghetti with Meat Sauce ☺ B. Baked Crispy or Spicy Chicken Sandwich C. Chef Salad Breadsticks Green Beans ✓ Gelatin Dessert	27 A. Italian Dunkers w/ Marinara Sauce ☺ B. Hot Dog C. Crispy Chicken Salad Breadsticks Golden Corn ✓ Frosted Cinnamon Roll
Menu Notes: All breads comply with USDA whole-grain rich standards. Homestyle/Scratch ☺ Vegetarian ✓ Non-Grain Fiber ✓		New to the Menu 2/11 Fiesta Taco Bake Everything you love about tacos baked in a warm pasta casserole - seasoned taco meat, penne pasta and cheese topped with crispy chips. Enjoy!!		

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 or Mitch Novak, Foodservice Director at (402) 363-9169 or mitch@lunchtimesolutions.com

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February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8th Grade Registration at YHS 6:00-7:00pm YHS Theater Ground Hog Day B	3 8 BBB @ Seward M.S. 4:30 pm 7 BBB-Home vs Seward @ YMS 4:30 pm G	4 2:00 Dismissal York County Spelling Bee @ Fairgrounds  B	5 Student Senate 7:30 am 7 & 8 BBB Home vs Columbus Scotus 7 @ YES/8 @ YMS 4:30 pm G	6 B	7 B
8	9 Board of Education Mtg. G	10 8th grade students taking the NAEP Test 7 BBB @ Aurora H/S 4:30 pm B	11 2:00 Dismissal Parent-Teacher Conferences 4:30 - 8:30 pm G	12 Student Senate 7:30 am 2:00 Dismissal Parent-Teacher Conferences 4:30 - 8:30 pm 7 & 8 BBB @ Fillmore Central 4:30 pm B	13 NO SCHOOL	14 
15	16 NO SCHOOL  Presidents Day B	17 8 BBB - Home vs Crete @ YMS 4:30 pm 7 BBB @ Crete M/S 4:30 pm G	18 2:00 Dismissal B	19 Student Senate 7:30 am 7 BBB -Home vs Hastings @ YES 4:00 pm 8 BBB @ Adams Central Jr. High 4:00 pm A B C G	20 B	21 B
22	23 Board of Education Mtg. G	24 8 BBB @ Aurora @ H/S 4:30 pm B	25 2:00 Dismissal G	26 Student Senate 7:30 am B	27 G	28  YMS Honor Band 1:00 - 8:00 pm YHS Theater