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## York Elementary School Monthly Parent Newsletter

### Classroom Happenings....

**Kindergarten Corner....**Kindergarten students are looking forward to a visit from Abraham Lincoln on his birthday, February 12th. His love for reading will kick off our "Reading for Pennies" program. Students will be encouraged to read books at home, and return papers listing the titles of books read. For each book read, the students will drop a penny in a jar. The program will last until March 8th, when we hope to have enough pennies to celebrate "Breakfast for Books" at a local restaurant. We hope all Kindergarten families will join in and read with and to your Kindergarten reader! Have fun and enjoy the time spent together reading! Special thanks to our PATT (Parents And Teachers Together) group for helping to sponsor this event.

**Second Grade Snippets....**Students just completed a science unit study on systems of the body. They were introduced to the skeletal, muscular, nervous, circulatory, respiratory, and digestive systems. They will be able to use their new knowledge of the body in our next unit study about nutrition. We will talk about food groups and various good nutrition choices that will help their body! Students are also in the middle of our 3rd quarter AR challenge. They will continue reading AR books and taking tests to fill up 6 ice cream scoops. If their scoops are filled by the end of the quarter, they will earn an ice cream sundae party!

**Fourth Grade Fun....** 4th graders have worked really hard on their writing this year! On January 27th and 28th they were able to show what they have learned by taking part in the NeSA-Writing test. Go YES 4th graders!!!

### WEATHER REMINDERS

Just a reminder that weather announcements affecting school are posted on the school website, [www.yorkpublic.org](http://www.yorkpublic.org), as well as on KAWL/KTMX radio station 1370 AM and 104.9 FM. You can also sign up for *Duke Alerts* by going to the above-mentioned school website. This will send you a text and/or email notifying you of changes in schedules.



### PLEASE BE PREPARED!!



Also, remember to send your child to school with a **hat** and **gloves** during cold weather!

### GIRLS ON THE RUN!!

Registration is now open for the Girls on the Run program, a 10 week after-school program for girls in grades 3-5. Each GOTR team meets twice a week after school. The season will begin the week of February 22 and continue through the week of May 9. You may register online at [www.gotrnebraska.org](http://www.gotrnebraska.org). School schedules and details may be found online. Registration fee is \$45 with scholarships available. Registration closes February 15, but earlier registration is encouraged. Any questions, please call 402-362-6700.

**Important Dates:**

**Kindergarten Registration**

Mon, Feb 8 (A-E)  
Tues, Feb 9 (F-J)  
Wed, Feb 10(K-O)  
Thurs, Feb 11 (P-T)  
Fri, Feb 12 (U-Z)

**York County Spelling Bee**

Wednesday, February 3

**5th Grade Musical**

Thursday, February 11

**Dental Days**

Friday, February 5

**Slushie Days**

Friday, February 5  
Friday, February 12  
Friday, February 26

**Parent/Teacher**

**Conferences**

Wednesday, February 17  
Thursday, February 18

**NO SCHOOL**

Friday, February 19  
Monday, February 22

**Wendy's Community Night**

Monday, February 15

**4th Grade Recorder**

**Concerts**

Mon, Feb 29, 10:15a (4L)  
Tues, Mar 1, 10:15a (4C)  
Wed, Mar 2, 10:00a (4S)  
Thurs, Mar 3, 10:15a (4P)

**Science Expo Information &**

**Resource Night**

Monday, February 15  
6-7:30pm at YES

**Reading Week & Dress-Up Days**

February 29 -March 4

**NO KINDERGARTEN/  
KINDERGARTEN ROUND-UP**

Friday, March 4

## Sheldon Art Exhibit coming to York



### 2015-16 Exhibition Schedule

Gallery 92 West, Fremont  
September 2-27, 2015  
Sponsored by the Fremont Area Art Association

McKinley Education Center, North Platte  
September 29-October 27, 2015  
Sponsored by NebraskaLand National Bank, Mike Jacobson,  
president and CEO, and the Art Study League of North Platte

Museum of the High Plains, McCook  
October 29-November 29, 2015  
Sponsored by the McCook Arts Council

Hastings Museum, Hastings  
January 5-February 2, 2016  
Sponsored by Hastings College, Hastings Community Arts  
Council, and Hastings Museum

Cornerstone Bank, York  
February 4-29, 2016  
Sponsored by Cornerstone Bank

Chadron State College, Chadron  
March 3-29, 2016  
Sponsored by Chadron State College Galaxy Series

Stalder Gallery, Falls City Library and Arts Center  
April 1-May 8, 2016  
Sponsored by Richardson County Arts and Humanities Council

Morton James Public Library, Nebraska City  
May 10-June 1, 2016  
Sponsored by Harry and Grace Moller Library Endowment Fund

Support for Sheldon Statewide is provided by Farmers Mutual  
Insurance of Nebraska, Nebraska Arts Council and Nebraska  
Cultural Endowment, and Rhonda and James Seacrest.



UNL does not discriminate based upon any protected status.  
Please see [our.libraries/nebraska.gov](http://our.libraries/nebraska.gov) for more information.

The week of February 8-12, all YES students will be visiting the Sheldon Art Exhibit that is being sponsored by Cornerstone Bank. The exhibit is titled "The Romance of the Moon". It is open to the public starting February 4-29 from 8-5 daily. The public is encouraged to view this showing of U.S. artists. Let your kids be your guide.

### Are you a parent of a child with special needs? Does your child have an active IFSP or IEP? Then this conference is for you!

Parents Encouraging Parents (PEP) is a unique, parent-run statewide conference. PEP will be held March 17-19, 2016, in Kearney. The PEP Conference benefits Nebraska parents who are raising a child with a verified disability. The child with the disability must have either an active IFSP or IEP. One goal of the conference is to provide information about parenting and educating children with disabilities while encouraging parents to share their feelings and experiences. Another objective is to model how parents work with professionals who are educating and supporting their children to increase positive parent-school partnerships.

**There is no registration fee for this conference. Lodging and most meals are provided. Registration is due by February 18, 2016.**

Find the PEP brochure online at [www.education.ne.gov/sped/parentinfo.html](http://www.education.ne.gov/sped/parentinfo.html) by clicking on Conference Brochure.

Have questions or need a copy of the registration form?

Contact:

**Cara Stoll, Speech-Language Pathologist**

(402) 362-1414 ext. 115

[cara.stoll@york.dukes.org](mailto:cara.stoll@york.dukes.org)

### **2015-2016 Y.E.S. Meal & Milk**

#### **Pricing Information**

##### **Breakfast:**

Student: \$1.35

Guest: \$2.05

##### **Lunch:**

Student: \$2.60

Guest: \$3.40

Milk only: \$.45



## 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!

1501 Washington Avenue  
York, NE 68467

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

Kris Friesen,  
Principal  
Ken Booth,  
Asst. Principal

**School Starts**  
**8:20 AM**  
**School Ends**  
**3:25 PM**

**Wednesday**  
**Early Dismissal**  
**2:10 p.m.**



### **Reminder from PATT:**

We are still collecting box tops; Campbell Soup labels and Coke caps for our school. Those things can be dropped in the office. We are no longer collecting Land O' Lake milk caps! Thanks for your sup-

## February is also Dental Health Month

A big thank you to Dr. Rosenau; Dr. Berg and Pat Brinkman Falter for taking their morning to do dental screenings on our Kindergarten through fourth grade students!!! We also had two awesome parent volunteers, Holly Kennedy and Susan Beauchamp. Because of all of these wonderful people we screened almost 500 students in two and one-half hours!

## READING WEEK

February 29th-March 4th, YES will be celebrating "reading week" with many exciting events happening including dress-up days. Students and staff are invited to dress up each day. Please remember you will still need appropriate shoes for PE and the playground.

- Monday, February 29th - **Pajama Day**
- Tuesday, March 1st - **Wacky Day**
- Wednesday, March 2nd - **Red, White and Blue Day**
- Thursday, March 3rd - **Sports Day**
- Friday, March 4th - **Duke Pride Day!**

# February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> K-4-5 Red 1-2-3 Blue	<b>2</b> K-4-5 Orange 1-2-3 Orange	<b>3</b> K-4-5 Purple 1-2-3 Purple <b>York County Spelling Bee</b>	<b>4</b> K-4-5 Green 1-2-3 Green	<b>5</b> K-4-5 Red 1-2-3 Red Slushy	<b>6</b>
<b>7</b>	<b>8</b> K-4-5 Orange 1-2-3 Blue ←Kindergarten	<b>9</b> K-4-5 Purple 1-2-3 Orange -----Registration-----	<b>10</b> K-4-5 Green 1-2-3 Purple -----See-----	<b>11</b> K-4-5 Red 1-2-3 Green <b>5<sup>th</sup> Grade Musical 7:00 PM at YHS Theater</b> -----Times-----	<b>12</b> K-4-5 Orange 1-2-3 Red Slushy -----Below-----→	<b>13</b>
<b>14</b>	<b>15</b> K-4-5 Purple 1-2-3 Blue <b>Science Expo Resource Night 6-7:30</b> Wendy's Night Out	<b>16</b> K-4-5 Green 1-2-3 Orange	<b>17</b> K-4-5 Red 1-2-3 Purple	<b>18</b> K-4-5 Orange 1-2-3 Green	<b>19</b> <b>No School YES or YMS ONLY</b>	<b>20</b>
<b>21</b>	<b>22</b> <b>No School YES or YMS ONLY</b>	<b>23</b> K-4-5 Purple 1-2-3 Red	<b>24</b> K-4-5 Green 1-2-3 Blue	<b>25</b> K-4-5 Red 1-2-3 Orange	<b>26</b> K-4-5 Orange 1-2-3 Purple Slushy	<b>27</b>
<b>28</b>	<b>29</b> K-4-5 Purple 1-2-3 Green <b>4L Recorder Concert @ 10:15</b>					

You may register your child for kindergarten on February 8<sup>th</sup> through 12<sup>th</sup> at any time between 9:00-11:00 a.m. & 1:00-4:00 p.m. and according to the following schedule:  
 Monday (last names beginning with A,B,C,D,E), Tuesday (last names beginning with F,G,H,I,J), Wednesday (last names beginning with K,L,M,N,O), Thursday (last names beginning with P,Q,R,S,T), and Friday (last names beginning with U,V,W,X,Y,Z) WE WILL HAVE AN EVENING REGISTRATION ON TUESDAY, FEBRUARY 9 FROM 5:00 TO 7:00.





**York elementary school**

explore • create • succeed



January 23, 2016

## Welcome Class of 2029!

An exciting journey is about to begin for you and your child. The “next big step” is almost here and we would like to extend an invitation to the class of 2029 to learn more about what York Public Schools has to offer your family. February is the month that we begin planning for that all-important milestone, Kindergarten. We are excited to share with you information about our York Elementary School family and the exciting learning opportunities that are ahead.

Registration will take place at the York Elementary School office, 1501 Washington Avenue, Monday, February 8 through Friday February 12. Suggested registration times can be found on the back of this sheet. Also on the back of this sheet please take note of the items that you will need to bring with you when you register your child. Some of the materials that you will need to bring with you are enclosed in this mailing. If you have any questions, please contact the school.

According to Nebraska law, children are eligible to attend Kindergarten the year that they turn five on or before July 31. This is called a “cut-off date.” School districts are allowed to enroll a child who missed the cut-off date, but turns five between August 1 and October 15. Parents who are interested in enrolling their child early should contact York Elementary as soon as possible to ask about the procedure for early entry assessment.

One of my favorite days of the school year is Kindergarten Round-Up. This important day is scheduled for Friday, March 4 from 9:00 to 11:00. This is a special day for you and your future Kindergartner so other arrangements will need to be made for younger siblings or anyone other than the parents/guardian and Kindergartner-to-be.

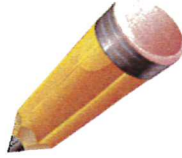
At Kindergarten Round-Up, the transportation department will be available to assist you in getting your child signed up to ride the bus for the 2016-2017 school year. It is strongly recommended that we take care of your transportation needs at this time to assure your Kindergartner can get transportation starting the first day of school. You may also call the transportation office at (402) 362-1988 if you have any questions.

Whether this is your first child or your fourth, the decision about where they begin their school journey is an important one. We are excited to be able to provide several opportunities for you and your child to learn more about our school. If you have any questions or concerns, please do not hesitate to contact us at 362-1414.

Sincerely,

Kris Friesen  
Principal

Ken Booth  
Assistant Principal



## Kindergarten Registration Information

You may register your child for kindergarten any time between 9:00 -11:00 a.m. & 1:00-4:00 pm on the following days:

Monday, February 8	Last names beginning with A,B,C,D,E
Tuesday, February 9	Last names beginning with F,G,H,I,J
Wednesday, February 10	Last names beginning with K,L,M,N,O
Thursday, February 11	Last names beginning with P,Q,R,S,T
Friday, February 12	Last names beginning with U,V,W,X,Y,Z

**We will have an evening registration on Tuesday, February 9 from 5:00 to 7:00.**

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. Please bring a certified copy of your child's birth certificate, current immunization record, completed Health History form, Identification Data sheet and Language History Questionnaire.



## Kindergarten Round-Up

Friday, March 4  
9:00-11:00 a.m.

**(On this day, please remember to make alternate arrangements for younger siblings)**

That day will include:

- A hospitality room where other YES Kindergarten parents, as well as our administration and staff will meet and greet you. This will be a great time to get your questions answered.
- A gathering time for you and your child in his/her new Kindergarten room.
- A time for your child to work with new friends and his/her Kindergarten teacher, while parents have a tour of YES.
- An information time for parents with your child's Kindergarten teacher
- An opportunity to meet transportation and daycare personnel who will visit with you about busing and before/after school daycare options.
- A member of our parent group, PATT (Parents and Teachers Together), will be available to tell you about the great things that this organization does for our YES family.

# Home & School

Working Together for School Success

CONNECTION®

February 2016

York Elementary School  
NEWSLETTER



## SHORT NOTES

### Groundhog Day

When was the first Groundhog Day? How often is the groundhog right about the weather? Encourage your child to find the answers to these questions and more by researching Groundhog Day in library books or online. Then, she can make her own predictions about when spring weather will arrive—and see if she and the groundhog agree!

### Illustrate a feeling

Drawing or painting a picture is often an easier way for youngsters to express difficult feelings. If you sense that your child feels nervous, sad, or afraid, try getting out art supplies. He might sketch a portrait of himself with butterflies across his stomach if he's nervous or a scary monster if he's afraid.

### Family workouts

On cold winter days, your youngster can still get the 60 minutes of recommended daily physical activity—while enjoying family time. Play “baseball” with snowballs, scoring one run for each ball you hit. Build an indoor or outdoor obstacle course. Or hold “yoga class” by following a video.

### Worth quoting

“You can't stay in your corner of the forest waiting for others to come to you. You have to go to them sometimes.” A. A. Milne

## JUST FOR FUN

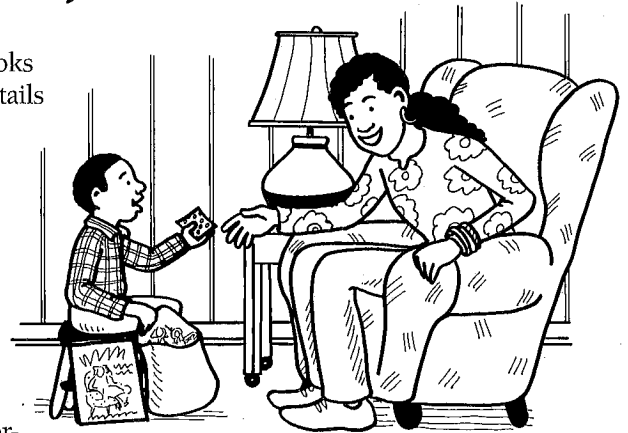
**Q:** What musical instrument can you hear but not see or touch?

**A:** Your voice!



## Read, create, and retell

In school, your child will be asked to think deeply about books and to pay close attention to details as he reads. That means doing activities like analyzing characters, visualizing book settings, and retelling stories. Let him practice at home with these fun projects.



### Character cereal

Have your youngster cover an empty cereal box with paper and decorate it based on his favorite storybook character. For example, *The Rainbow Fish* (Marcus Pfister) learns to be a good friend, so your youngster could name his cereal “Friendly Flakes.” Encourage him to draw the character on his box and describe the cereal (“Sparkly and colorful”). He could add an activity on the back, such as a quiz. (“Why did the other fish ignore him at first?”)

### Setting map

Suggest that your child draw a map of a book's setting. He'll imagine what the setting might look like and think about how each part is important to the story. If he's mapping *Holes* (Louis Sachar), he could

use a circle to represent Camp Green Lake, where the prisoners dig holes. He can add an onion for the field where onions grow and are used as medicine.

### Plot bag

Let your youngster fill a paper bag with items related to a story and use them to retell the tale aloud. After he reads *A Chair for My Mother* (Vera B. Williams), he might put a fabric swatch and coins in a bag. He can pull out each piece and explain its significance as he retells. (“I added coins because the kids saved money to buy their mom a chair. She worked hard and needed a place to relax.”)♥

## School pride

If your youngster takes pride in her school, she's likely to feel more connected to it—and more motivated to learn. Help her develop strong school ties with these tips:

- Make school events into family events by attending as many as you can. Your child will feel proud to show off her school to you.
- Post school news and announcements on the refrigerator. Providing a place of honor for these items reminds her that school is an important part of your family's life.
- Encourage your youngster to get involved in a school activity. Being a member of the chess club or safety patrol squad will give her a sense of pride—and of belonging.♥





# A respectful student

School is more pleasant for both students and teachers when children behave respectfully. Share this advice with your youngster so she can do her part in creating a respectful place to learn.

**Respect for all.** Point out that everyone—from the principal to the custodian, and from the popular kid to the unpopular one—deserves to be treated with respect. Encourage your child to smile or wave at school staff members and fellow students. You can set an example by letting her see you give everyone (receptionists and doctors, cashiers and store managers) the same respect.



**Respect for property.** In school, students share library books, playground space, restrooms, and more. And these things will be nicer to use when youngsters take care of them.

Suggest that your child do simple acts that show respect for school property. *Examples:* Returning library books so others can read them, putting trash in wastebaskets so the playground and restrooms look nice and stay clean.♥



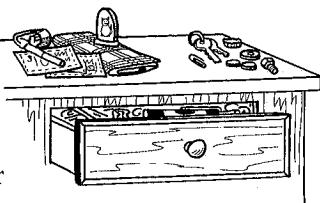
## ACTIVITY CORNER

### Junk-drawer creativity

Look no further than your kitchen junk drawer to give your youngster's creative thinking a boost. Try these ideas.

#### Reuse

Suggest that your child come up with different uses for objects in the drawer.



He could use rubber bands to make a ball or turn a cork into a pincushion, for example. Take turns thinking of ways to reuse a bottle cap, a handheld mirror, and other junk-drawer items.

#### Sort

Let your youngster sort items according to a secret criterion, and you try to figure out his rule. Say he puts a paper clip and a key in one group, and a coupon and a gift bag in another. You might guess that he's sorting by materials (metal, paper). Next, you sort objects into piles, and have him determine your rule.♥

## Q & A

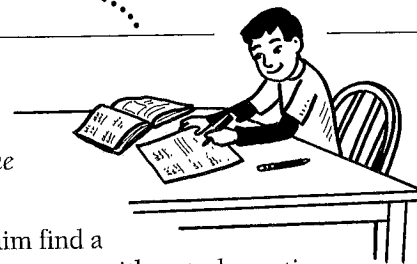
### Strong study habits

**Q:** My third grader has to spend more time studying this year. How can I make sure he studies effectively?

**A:** Set your son up for success by helping him find a distraction-free study spot. Also, have him come up with a study routine. For instance, he could reserve time each evening to review his textbook and notes in the days leading up to a test or quiz.

Then, many students find it helpful to jot down a purpose each time they study at home. Your child might write: "I will learn the definitions of all the bold-faced words in chapter 7, section 1."

Finally, encourage him to experiment with study strategies to find what works best for him. He could close his eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3 x 3. Or he might find it easier to spell or recite math facts aloud in rhythm or to a familiar tune.♥



## PARENT TO PARENT

### Perfect...or close enough

My daughter Sasha gets upset if her handwriting isn't "perfect" or if her shoes aren't tied a certain way. My mother pointed out that I'm kind of a perfectionist, too. While it helped me work hard in school and now at my job, she said it often led to frustration when I was Sasha's age.

She suggested that I try what worked with me: Have Sasha think about what might happen if something isn't perfect. So the next time I found my daughter retying her laces over and

over, I asked, "What's the worst that could happen if the knot is a little off-center?" At first she said she would trip and fall, but then she smiled and said, "I guess nothing." Another day, she wanted to rip up her homework because every letter wasn't perfect. I encouraged her to do a different assignment and look at the first one again later—she did, and she decided she could live with it after all.

Sasha may always be a perfectionist, but I hope she's learning to tell the difference between what really matters and what she can let go.♥



## 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

ISSN 1540-5621



*Please join us for a free Health Education Presentation in our effort to help you understand and manage the everyday stress in your lives!*

# Health/Stress Management

**February 9<sup>th</sup>**

**12:00 to 1:00**

**At**

**P.L.A.Y. Center**

**225 West 5<sup>th</sup> St.**

**York, NE.**

**\*Free childcare and small lunch will be provided**

**Presented by:**

**Michael Renner, LMHP**

**Blue Valley Behavior Health**

Sponsored by York Minority Health

&

Health Equity Community Partnership

**FUNDED BY**

**THE OFFICE OF MINORITY HEALTH & HEALTH EQUITY**

**Everyone will receive a free small gift bag!**

**Drawing for two gift baskets!**



*Por favor, únase a nosotros para una presentación gratis educación para la salud en nuestro esfuerzo por mejorar sus habilidades de manejar el estrés de todo el día!*

# Salud/Manejo de estrés

Febrero 9<sup>th</sup>

12:00 a 1:00

En

P.L.A.Y. Center

225 West 5<sup>th</sup> St.

York, NE.

\* Cuidado De Niños  
Y

Un Lunch ligero

**Presentado por:**

**Michael Renner, LMHP**

**Blue Valley Behavior Health**

Patrocinado por York  
Minority Health Partnership

&

Equidad en Salud de la  
Asociación Comunitaria

FUNDADO POR LA OFICINA DE  
MINORITY HEALTH & HEALTH  
EQUITY

**Todos recibirán una  
bolsa de regalo  
pequeña gratuita!**

**Sorteo de dos canastas  
de regalos!**





## 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
1 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Applesauce Milk Choices	2 A. Egg & Cheese Biscuit Sandwich and Toast  Juice Choices Pineapple Milk Choices	3 A. Iced Long John B. Cereal Choices and Toast  Juice Choices Apple Wedges Milk Choices	4 A. Breakfast Sliders B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices	5 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices
8 A. French Toast Sticks B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices	9 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast  Juice Choices Mixed Fruit Milk Choices	10 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	11 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices	12 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Applesauce Milk Choices
15 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	16 A. Egg & Cheese Biscuit Sandwich and Toast  Juice Choices Applesauce Milk Choices	17 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast  Juice Choices Fresh Blueberries Milk Choices	18 A. Pancake Sausage Stick B. Cereal Choices and Toast  Juice Choices Mixed Fruit Milk Choices	19 <b>NO SCHOOL - YMS/YES</b> A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices
22 <b>NO SCHOOL - YMS</b> A. Pancakes with Blueberry Sauce B. Cereal Choices and Toast  Juice Choices Mixed Fruit Milk Choices	23 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	24 A. Ultimate Breakfast Round B. Cereal Choices and Toast  Juice Choices Apple Wedges Milk Choices	25 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Applesauce Milk Choices	26 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices
29 A. Breakfast Sliders B. Cereal Choices and Toast  Juice Choices Sliced Peaches 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:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

### 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](mailto:mitch@lunchtimesolutions.com).

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Mon	Tue	Wed	Thu	Fri
1 A. Cheeseburger B. Home-style Scalloped Potatoes with Ham and Dinner Roll Green Beans	2 A. Taco in a Bag B. Hot Dog Chili Lime Corn Cinnamon Bread Stick	3 A. Meatloaf and Dinner Roll B. Crispy Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy	4 A. Hot Pepperoni Sub B. Grilled Chicken Sandwich Baked Beans Chocolate Chip Cookie	5 A. Pizza B. Toasted Cheese Sandwich and Tomato Soup Mixed Vegetables
8 A. Home-style Cheese Quesadilla and Chicken Enchilada Soup B. Corn Dog Golden Corn	9 A. Chicken Fajitas B. Pork Fritter Sandwich Black Beans Gelatin Dessert	10 B. Baked Breaded Fish Sandwich B. Crispy Chicken Nuggets Mashed Potatoes with Gravy	11 A. Home-style Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Green Beans	12 A. Pizza B. Taco Burger Peas Decorated Holiday Cookie
15 A. Cheeseburger B. Orange Chicken over Rice Green Beans	16 A. Super Nachos B. Chicken Nuggets Refried Beans Cinnamon Bread Stick	17 A. Home-style Tater Hot Dish and Dinner Roll B. BBQ Rib Sandwich Candied Carrots	18 A. Italian Dunkers with Marinara Sauce B. Hot Dog Mixed Vegetables Chocolate Chip Cookie	19 <b>NO SCHOOL</b>
22 <b>NO SCHOOL</b>	23 A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich Chili Lime Corn Carnival Cookie	24 A. Breaded Beef Patty B. Crispy Chicken Nuggets Mashed Potatoes with Gravy	25 A. Home-style Chicken Ranch Pasta and Bread Stick B. Mini Corn Dogs Green Beans Sugar Cookie	26 A. Sloppy Joe B. Pizza BBQ Beans
29 A. Home-style Chicken Stew over Fresh Baked Biscuit B. Cheeseburger Mixed Vegetables				

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