



Be Safe, Be Respectful, Be Responsible

January 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.

Our Purpose at YMS is

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

Thank You from YMS!!!

On behalf of the entire staff at YMS, I would like to thank the YMS parents and guardians for your continued support in your child's educational endeavors. The staff at YMS are dedicated to ensure that your child is challenged and held responsible for their academic work and social growth. At YMS, learning is not an option, it's a requirement.

Numerous studies indicate the importance of the parent/guardian role in the educational process. Without the necessary support coming from home, academic and social growth is hindered. Clear and concise expectations create an atmosphere of responsibility that will enable your middle schooler to grow and flourish in this environment.

We have numerous fun activities planned this second semester. Career Day, AAGD, the Talent show and Musical are among a few. However, academics and proper behavior are a priority and students wishing to attend/participate in these events and others, need to take care of their behavioral and academic responsibilities first.

The Importance of Effort

Over the years I have read numerous studies and articles that try to pin-point the characteristic(s) that lead to student's success and achievement. I am fascinated by the 'Marshmallow' study conducted at Stanford University in the late 1960's which I shared in previous issues. The precipice of the study was that self-discipline and being able to delay gratification is a major factor in determining a child's success.

In a recent study conducted by Gallup, it is indicated that Hope and Engagement lead to greater student success. Hopeful students see the future as better than the present, and believe they have the power to make it so. Engaged students are actively involved in and enthusiastic about school.

Dr. Carol Dweck, a professor of Psychology at Stanford University debates the difference in a fixed mind-set compared to a growth mind-set. Students with a fixed mind-set believe in a natural ability and that intelligence is a trait that is fixed. A growth mind-set views intelligence as taking many shapes, which can be molded and a potential that can be developed.

A fixed mind-set views effort as a bad thing. If it doesn't come naturally, it will not come at all. "If I have to give an effort, that means I am not very smart." Having a growth mind-set recognizes that 'Effort' is the key to success. 'The harder I work at something the better I will be at it.'

All the above are important factors to determine success and are characteristics YMS staff and administration look to teach and foster in our students.

The article that I am sharing with you this month comes from the website: thelearningcommunity.us. It discusses the importance of Effort and tips that parents can help foster Effort in their children.

Success depends on two related factors—attitude and effort. For good or for bad, children's attitudes about their ability to succeed determine the kind of effort they put forth to accomplish a task. If children attribute poor performance to the wrong factors, they may be in for a lifelong struggle with failure. These Tips for Parents will help you instill in your children the Importance of Effort.

Children Need to Feel in Control

Many children have a ready explanation every time they fail at a task or do poorly in school. What they say gives an important insight into how they think about success and failure.

"It wasn't me." Often, a child's explanation indicates that he or she feels out of control. When children say a test was too hard, for example, that's another way of saying they had less control over the result.

When children feel out of control, they typically don't try. It isn't that kids don't want to take responsibility. Some children are convinced that people do well because of outside factors—for example, they're lucky or they're liked by the teacher. Unfortunately, when children believe that success or failure is not related to what they do, they see no reason to change their behavior, so their level of effort stays the same. And so does their pattern of failure.



Be Safe, Be Respectful, Be Responsible

Words from the Principal

Continued.....

Continued.....

Feeling out of control can weaken self-esteem. To have good self-esteem, a child needs to feel proud when he or she does well. But children can't feel proud unless they take credit for succeeding. Unfortunately, when children believe success comes from outside factors, they probably won't feel proud even when they do succeed. Instead, they'll decide the task was easy, or they got lucky, or they had a good day. This can have a negative effect on self-esteem. It also won't encourage the child to try harder in the future.

Children Need to Believe They Can Change

"I just can't do it." A lot of children think they just aren't smart enough to do well in school. Although this is one way of taking responsibility for doing poorly, it won't help your child do better in the future. Intelligence, or aptitude, is something that we don't usually believe we can change.

And children who believe they can't change how smart they are also believe they can't change how well they do in school.

Being "smarter" isn't the answer. Parents can sometimes put too much emphasis on aptitude by praising their children's natural gifts or excusing failures because of lack of talent. This is a natural tendency, but it can backfire. In fact, while aptitude certainly plays a part in how well children do in school, it is not the key. Gifted children who don't try often don't do well. Children of average ability who try very hard usually excel.

Change the things that can be changed. Maybe we don't get any smarter, but our level of effort is certainly something we can change. And everyone improves when they put forth more effort. The trick is to convince your children that change is possible. When they believe change is possible, they'll be motivated to try harder. When they try harder, they'll do better. When they do better, they'll build up their expectations for future success. And when a child expects to succeed, he or she is more likely to succeed.

<http://www.thelearningcommunity.us/resources-by-format/tips-for-parents/the-importance-of-effort.aspx>

Tips for Parents To Help Your Child Learn the Importance of Effort

We send subtle messages about success and failure every day. Be sure to send your child the right message. Here are some tips:

- Praise effort rather than success. This is the most important thing you can do. It focuses your child's attention on the right issues.
- Praise improvement. This emphasizes that things are changing and motivates your child to have higher expectations for the future.
- Don't give too much praise. Praise is important, but too much and children begin to doubt that they've really earned it. Remember, it's important for children to feel they've earned their success.
- Too many rewards don't work. This follows the same reasoning as too much praise. Your child needs to feel that a reward is deserved.
- Don't help too much. If you give your children too much help, they can't take credit for what goes right. In addition, they'll begin to think that you don't believe they can succeed on their own—and they'll begin to believe it, too.
- Don't be too sympathetic when your child fails. This is a tough one, but too much sympathy may send the message that you don't believe your child could have done any better.
- Don't compare what other children do. It's hard for a child to focus on effort when others keep emphasizing results. Focus on how hard your child tries. Your child will automatically take pride in the result.
- Talk to the teacher. If your child is having trouble with assignments, ask about them. Are they too hard? Too easy?

Sincerely,
Brian Tonniges, Principal

Middle Years

Working Together for School Success



Short Stops

It's a date

As 2015 gets under way, hang a family calendar in the kitchen, and tell everyone to mark their appointments and activities. Have each person use a different-colored pen so you can see at a glance who has what when. Or try a free electronic datebook like Google Calendar that everyone will update.

Stuck on art

Duct tape isn't just for household fixes anymore. It comes in fun colors and patterns—and can let your middle schooler stretch his imagination and explore art. Encourage him to make something like a book cover, a wallet, or even a 3-D sculpture. To get started, he could look online or ask an art teacher for ideas.

Fighting hunger

Many people donate to food banks during the holidays, but the shelves need to be stocked year round. Suggest that your tween call a local pantry to ask how to help. She might start a canned food drive at her school or hold a hockey "tournament" where the price of entry is a can of food per player.

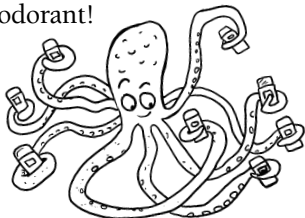
Worth quoting

"Don't wait for extraordinary opportunities. Seize common occasions and make them great." *Orison Swett Marden*

Just for fun

Q: What does an octopus spend all its money on?

A: Deodorant!



Test-taking strategies

When it comes to tests, different formats call for different strategies. Share these tips to help your tween shine in the following types of tests.

Multiple choice

Encourage her to come up with an answer before reading the choices. If her answer matches one that's listed, it's probably right. When she's not sure of the answer, she should eliminate options that are obviously wrong and pick the one that makes the most sense.



True or false

Make sure she realizes that if any part of a statement is false, the entire thing is false. A good strategy is to watch for words like *all*, *every*, *always*, *never*, or *none*—they often indicate a false answer. And point out that guessing is okay: She has a 50 percent chance of being right!

Essay

Suggest that your child organize her thoughts by sketching an outline first. As she writes, she should include as many details and facts as possible—and only give her opinion if the question asks for it. If she doesn't know an exact number or date, she could give an approximate one ("about 500" or "in the 1950s"). Also, remind her to leave a few minutes to proofread her essay at the end.

Open-book

Even though your tween can use her notes or textbook, she still needs to understand the material and know where to find key information. Have her practice looking up material in the index or by scanning boldface words. And tell her to reread chapters and go over her notes in the days before. She could mark important pages with sticky notes or paper clips. 🍷

Ways to volunteer

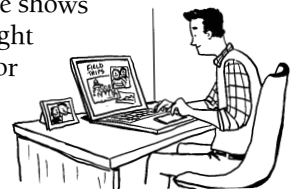
You don't have to be available during school hours to volunteer for your child's school. There are plenty of ways to get involved after hours. Consider these ideas.

Are you good at organizing?

- Set up school, club, or team fundraisers like spirit nights at local businesses.
- Coordinate teacher appreciation lunches, booster club dinners, or class activities.

Are you computer savvy?

- Create slide shows that highlight field trips or special events.
- Help maintain school or teacher websites.



Do you enjoy crafts?

- Sew costumes for the drama department.
- Make decorations for display cases. 🍷

Sibling harmony

Parents want their children to get along, but sometimes that seems like a tall order. Try these ways to encourage good relationships that your children can take into adulthood.

Manage bickering. Middle graders tend to be easily annoyed—and that includes with siblings. When your kids bicker, try to stay out of it so they learn to problem solve with each other. (Of course, if things escalate, you'll need to separate them.) Or do as one parent advised and set up "bickering chairs." Every night, the children have to sit down



and bicker for 15 minutes. Chances are they'll eventually dissolve into laughter after trying to come up with things to argue about.

Avoid comparisons.

Comparing kids often leads to jealousy and sibling rivalry. Resist statements like "Why can't you be more like your sister? She listens!" Instead, point out what's special about each child—and look for ways those traits could benefit one another. For instance, if Andrew is a good listener, Emma might talk to him about a problem. And if Emma's strong in science, she could help Andrew with his science fair project. 👍

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Ready, set, goal

"Mom, I really hope I do well in school this semester!"

Encourage your tween to turn her "hopes" into reality with a written plan. Suggest these steps.

1. Define your goals

Have her write several specific goals. *Example:* "I want to feel more comfortable giving oral presentations and get better grades on them."



2. List actions to take

Next, she should jot down ways to reach each goal. *Example:* "Read through my paper enough times until I'm confident I know the material." "Practice at least three times in front of others." "Find a focal point in the audience."

3. Chart progress

Your child can make a log listing her oral presentations. After each one, she should note her preparation ("well prepared," "moderately prepared," "could have done better"), rate her comfort level during the speech (on a 1–5 scale), and enter her grade. 👍

Parent to Parent

Inspired by quotes

Last month, I had to do a work project that I was dragging my heels on. Then, I stumbled across a quote that inspired me: "The secret of getting ahead is getting started." I taped Mark Twain's saying to my computer, and it helped me dig into my work.

If one quote could energize me, I wondered if other sayings would influence my family. I asked everyone, including our seventh grader Marcus, to keep an eye out for motivating quotes. When we found them, I suggested we display copies in the hallway. At first Marcus didn't seem interested, but the other day he surprised me. He posted one by Albert Einstein he found in his math textbook: "It's not that I'm so smart, it's just that I stay with problems longer." He said it reminded him to keep going on tough assignments.

Our "quote wall" is filling in. And we're enjoying seeing what "speaks" to other family members. 👍



A jump on college planning

Q My child is already talking about going to college. She would be the first in our family! Should we be doing anything now to help her prepare?

A It's great that your daughter wants to go to college. You can help her get the ball rolling just by discussing it and being supportive. Maybe even visit a nearby community college or attend a campus play to show her college life.

Meanwhile, talk about what she enjoys and careers she might like to pursue. Then, have her ask her school counselor what courses would lay the groundwork for college.

For instance, if she takes algebra by 8th grade, she'll be able to take more higher-level math classes in high school. And since many colleges require foreign language courses, beginning in middle school will give her a head start. 👍

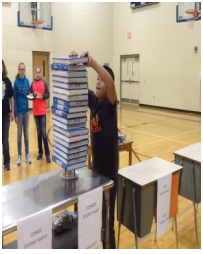


OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated
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Student Family at York Middle School:



Spaghetti Houses:

December was a busy time for Families as they were planning, designing and building a spaghetti house. This year each grade level in our student families competed for the coveted golden crown with winners in each grade level. Families were given 60 strands of spaghetti, 1 foam plate, a bottle of glue and a 3 x 3 piece of index paper. Their objective was to build the strongest 3" x 3" x 3" spaghetti house. A great deal was learned by each student family in the houses that were built. There was the planning, the thought process, decision making, patience, accomplishment, frustration, adapting, restructuring, following instructions, improvising, teamwork, the ah ha moment, the finished product and a great deal more. Great job and congratulations to each Family for your hard work!

Congratulations to the Eichinger Family for having the winning structure with a record 19 books holding 85.5 pounds! They were awarded the Gold Crown Spaghetti House Champions. Grade level champions had a tie in 6th grade with the Hirschfeld-Cotton family and DiToro family's houses holding 18 pounds. Seventh grade had the overall winners in the Eichinger family. Eighth grade had the most exciting competition with the Mattox and Beck family battling to a tie with 18 books or 81 pounds! Check out the pictures on our Facebook!

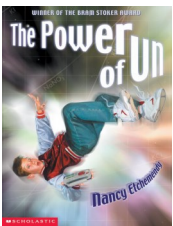


Pull Tab Challenge: Student Families continue to collect pull tabs for the Ronald McDonald House Charities in Omaha. The Baldrige student family becomes a two month winner as they turned in 4 pounds 10 ounces (roughly 7,250 tabs!) to be the December student family winner. They will enjoy a pizza party from Sam and Louies on their return from Christmas break. As a school, we have collected over 50 pounds

or 73,475 tabs. 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

Dodge Ball Tournament: Student families participated in our annual December Dodge Ball tournament. The Wiley student family took home the traveling trophy defeating the Beebe family. In the consolation round, the Kern family beat the defending champs from last year in the Beck family.



One Book, One School: Student families will be reading the book "The Power of Un", during the month of January. Check out the book and read along with your child, it is a great book and a great opportunity to spend quality time together!

PENNIES FOR PATIENTS: During One Book, One School, student families will be taking part in The Leukemia & Lymphoma Society's (LLS), Pennies for Patients. During the month, students collect spare change to support LLS'S mission: to find cures and ensure access to treatments for blood cancer patients. Your child will learn about the service, leadership and philanthropy and how they can change patients' lives. Remember money can turn up anywhere; under the couch cushions, on your dresser or in the pockets of pants and jackets hanging in the closets. Your child can make a difference for so many just by collecting it. Your child will receive their own box for collecting spare change.

YMS's Annual Musical



The next performance for the YMS vocal department is the annual Musical. The students are eagerly awaiting the announcement of this year's show. It will be revealed when they come back from Christmas break. Then the preparations will begin.

Auditions will be held the beginning of January. Students, please be watching for more details. I will also be needing many parent volunteers to help with set, costumes, props, snacks, etc. A letter will be coming to you as soon as rehearsals are underway. It takes a lot of volunteers and work to make these shows a success. I am excited for another great show this year to maintain this great tradition at YMS.



YORK MIDDLE SCHOOL BAND

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 250 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.

Middle School Band parents will be receiving a mailing with sign-up information for students who would like to be involved in this exciting musical opportunity.

January 2015 Nurse's notes

10 HEALTHY NEW YEAR'S RESOLUTIONS FOR KIDS

The following tips are from the American Academy of Pediatrics (AAP).

1. I will strive to get 8–10 hours of sleep each night.
2. I will brush my teeth at least twice a day,
3. I will wash my hands before eating and after using the restroom and any other time needed.
4. I will drink lots of water and eat well balanced meals, including breakfast.
Being well hydrated and well fed will help me feel better, think better, and ultimately learn better.
5. I will apply sunscreen before going outdoors.
6. I will find a sport or activity that I like, and do it at least three times a week.
7. I will always wear a helmet when bicycling.
8. I will wear my seat belt every time I get in the car.
9. I'll be nice to others, and friendly to kids who need friends – like someone shy or new to school.
10. I will eat breakfast and I will encourage my family to eat a meal together each and every day.
Mealtime is a time to relax, recharge, laugh, catch-up on the ups and downs of the day and developing a sense of who we are as a family.

This is a beautiful time of year to renew, recharge and refresh.

"Students must be healthy to be educated and must be educated to be healthy"



York FFA students competed at the District V Leadership Skill Events in Aurora, NE on December 10, 2014 against 12 other schools.

What a day for York FFA,
qualifying state bound competitors in 10 of 12 contests!



Ag Literacy Speaking

Lauren Kaliff - **District Champion and State Qualifier**

Ag Discovery Speaking

Hailee Pohl - **District Champion and State Qualifier**
Max Kohmetscher - 3rd Place - Alternate State Qualifier

Jr. Public Speaking

Leon Linhart - **District Champion and State Qualifier**

Creed Speaking

Genevieve Tonniges - **District Runner Up State Qualifier**
Schuyler Hellerich - 8th Place

Jr. Parliamentary Procedure

Team 2 - District Champions and State Qualifiers

(Tenly Hansen, Julia Lee, Simon Otte,
Bryce Danielson, Kortney Mulberry,
Lauren Riley, Nicole Mittman)

Team 1 - 5th Place

(Gage Sinsel, Madison Harcrow,
Jaiden Vanderheiden, Leon Linhart,
Sydney Samson, Reegon Cast, Schuyler Hellerich)

Cooperative Speaking

Brody Garner - **District Champion and State Qualifier**

Extemporaneous Speaking

Tonya Grotz - **District Runner Up and State Qualifier**
Josh Garner - 3rd Place - Alternate State Qualifier

Natural Resource Speaking

Allison Riley - **District Runner Up and State Qualifier**

Job Interview

Catie Bergen - **District Runner Up and State Qualifier**
Whitney Staehr - 5th Place and District Finalist

Sr. Public Speaking

Josie Lee - 3rd place - 1st Alternate State Qualifier
Allee Maronde - 4th and 2nd Alternate State Qualifier

Ag Demonstration

Team 2 - 6th Place
(Jesse Hoblyn, Hayden Sandall)
Team 1 - 7th Place
(Evan Pohl, Teagan Thorell, Garrett Rediger)

**What Color Do You Bleed?
"DUKE BLUE"**

The York Fire Dept., York FFA, and Community Blood Bank

Our Next Blood Drive is Thurs., January 22nd
East Parking Lot of High School

10:00 am till 3:00 pm

PLEASE BE THE TYPE THAT GIVES!

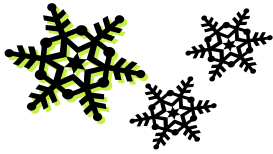
Please call
402-641-6564 or 402-362-6655
to sign up and support this
Outstanding Community Project.

Key FFA Dates

Local, District & State for 2015

Jan 22 nd	Thu	Blood Drive 10-3 HS East Parking Lot
Febr 11 th	W	State FFA Degree & Proficiency Interviews
Febr 21-28		National FFA Week
Febr 28th	F	State MFE/ALD
Mar 1st		All State Apps Due
Mar 3rd	T	Dist. Career Development Contests - Beatrice
April 8-10		State FFA Convention - Lincoln
April 17-19		State Skills Convention - Omaha
April 29th	W	Spring Fire Alarms

Like us on Facebook YORK FFA CHAPTER
Follow us on Twitter @YorkFFAChapter



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). 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
- 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
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.				
Waffles with Syrup ⁵ Mixed Fruit Juice Choices Milk Choices	Homestyle Sausage Gravy over a Fresh Baked Biscuit ☺ ⁶ Pineapple Juice Choices Milk Choices	Ultimate Breakfast Round ⁷ Fresh Apple Slices Juice Choices Milk Choices	Breakfast Pizza ⁸ Applesauce Juice Choices Milk Choices	NO SCHOOL ² Fresh Baked Cinnamon Roll ☺ ⁹ Sliced Peaches Juice Choices Milk Choices
Breakfast Sliders ¹² Diced Pears Juice Choices Milk Choices	Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ☺ ¹³ Mixed Fruit Juice Choices Milk Choices	Breakfast Pizza ¹⁴ Pineapple Juice Choices Milk Choices	Pancakes with Syrup ¹⁵ Sliced Peaches Juice Choices Milk Choices	Fresh Baked Cinnamon Roll ☺ ¹⁶ Applesauce Juice Choices Milk Choices
NO SCHOOL ¹⁹	Homestyle Sausage Gravy over a Fresh Baked Biscuit ☺ ²⁰ Applesauce Juice Choices Milk Choices	Egg & Cheese Taco Roll ²¹ Orange Wedges Juice Choices Milk Choices	Breakfast Pizza ²² Mixed Fruit Juice Choices Milk Choices	Fresh Baked Cinnamon Roll ☺ ²³ Diced Pears Juice Choices Milk Choices
Pancake Sausage Stick ²⁶ Mixed Fruit Juice Choices Milk Choices	Breakfast Pizza ²⁷ Pineapple Juice Choices Milk Choices	Oatmeal w/ Toppings ☺ ²⁸ Fresh Apple Slices Juice Choices Milk Choices	Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ☺ ²⁹ Applesauce Juice Choices Milk Choices	Fresh Baked Cinnamon Roll ☺ ³⁰ Sliced Peaches Juice Choices Milk Choices

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.



January Selection: Beef

Lean beef is an excellent source of protein. Discover the nutritional benefits of beef 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 Chili Lime Flatbread - 1/26

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.

Chef Day

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

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
<p>New to the Menu 1/7 Chili Lime Corn - Corn with a kick! This new side has peppers, chili seasoning and lime added to traditional golden corn. Zesty and delicious!</p>	<p>Menu Notes: All breads comply with USDA whole-grain rich standards. Homestyle/Scratch 😊 Vegetarian 🌿 Non-Grain Fiber ✓</p>		<p>Happy New Year! 1 </p>	<p>NO SCHOOL 2</p>
<p>A. Cheeseburger Soup 5 😊 Dinner Roll B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Peas ✓</p>	<p>A. Sloppy Joe 6 😊 B. Pizza 🌿 C. Deli Wrap BBQ Beans ✓</p>	<p>A. Soft Shell Tacos 7 B. Hot Ham & Cheese Sandwich C. Chef Salad Breadsticks NEW!! Chili Lime Corn ✓ Fresh Baked Carnival Cookie</p>	<p>A. Chicken Ranch Pasta 8 😊 Breadstick B. Mini Corn Dogs C. Fajita Salad Green Beans ✓ Fresh Baked Sugar Cookie</p>	<p>A. Baked Breaded Beef Patty 9 B. Baked Chicken Nuggets C. Sub Sandwich Mashed Potatoes & Gravy</p>
<p>A. Cheeseburger 12 B. Homestyle Chicken Stew over a Fresh Baked Biscuit 😊 C. Sub Sandwich Mixed Vegetables ✓</p>	<p>A. Pizza Hut Pizza 13 🌿 B. Taquito Grande 😊 C. Deli Wrap Golden Corn ✓ </p>	<p>A. Toasted Cheese Sandwich with Tomato Soup 14 🌿 😊 B. BBQ Rib Sandwich C. Sub Sandwich Baked Beans ✓</p>	<p>A. Homestyle Goulash 15 😊 B. Grilled Chicken Sandwich C. Crispy Chicken Salad Breadsticks Green Beans ✓ Fresh baked Sugar Cookie</p>	<p>A. Hot Pepperoni Sub 16 B. Hot Dog C. Taco Salad Baked French Fries Fresh Baked Chocolate Chip Cookie</p>
<p>NO SCHOOL 19</p>	<p>A. Beef & Bean Burrito 20 ✓ B. Pizza 🌿 C. Deli Wrap Steamed Carrots ✓</p>	<p>A. Fajita 21 B. Corn Dog C. Sub Sandwich Refried Beans ✓</p>	<p>A. Spaghetti with Meat Sauce 22 😊 B. Baked Crispy or Spicy Chicken Sandwich C. Chef Salad Breadsticks Peas ✓ Gelatin Dessert</p>	<p>A. Homestyle Beef Chili 23 😊 With Crackers B. Baked Chicken Nuggets C. Oriental Salad Breadsticks Green Beans ✓ Frosted Cinnamon Roll </p>
<p>A. Homestyle Ham & Pasta Hotdish 26 😊 B. Cheeseburger C. Sub Sandwich Baked French Fries Chef Day</p>	<p>A. Pizza Hut Pizza 30 🌿 B. Teriyaki Chicken Sandwich C. Deli Wrap Steamed Broccoli ✓ </p>	<p>A. General Tso's Chicken Steamed Rice 28 B. Italian Dunkers w/ Marinara Sauce 🌿 C. Sub Sandwich Mixed Vegetables ✓</p>	<p>A. Homestyle BBQ Pork Sandwich 29 😊 B. Hot Dog C. Taco Salad BBQ Beans ✓ Fresh Baked Chocolate Chip Cookie</p>	<p>A. Super Nachos 27 B. Baked Chicken Nuggets C. Crispy Chicken Salad Breadsticks Golden Corn ✓ Cinnamon Breadstick</p>

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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January 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>New Year's Day</i>	2 NO SCHOOL – Christmas Break	3
4	5 School Resumes G	6 B	7 <i>2:00 Dismissal</i> G	8 B	9 G	10
11	12 <i>Board of Education Mtg.</i> B	13 G	14 <i>2:00 Dismissal</i> B	15 G	16 B	17
18	19 NO SCHOOL YPS In-service for staff <i>Martin Luther King, Jr Day</i> G	20 <i>8 BBB - Home vs Aurora 4:30 pm</i> G	21 <i>2:00 Dismissal</i> B	22 <i>7 BBB @ Beatrice M/S 4:00 pm</i> <i>8 BBB - Home vs Beatrice @ YMS 4:00pm</i> G	23 B	24 <i>7 & 8 BBB - York Tournament w/ Central City, Crete MS, Schuyler @ YHS 10:00 am</i>
25	26 <i>7 BBB - Home vs Central City @ YES - 4:00 pm</i> <i>Board of Education Mtg.</i> G	27 B	28 <i>2:00 Dismissal</i> G	29 B	30 G	31 <i>7 & 8 BBB - Home vs Hastings St. Cecilia @ YMS 7th 9:00 8th 10:00 am</i>