

YMS



**BRIAN TONNIGES
PRINCIPAL**

**Volume 9
Number 7**

Be Safe, Be Respectful, Be Responsible

March 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 is:

‘The Education and Success of each of our students.’

YMS NeSA testing

YMS will begin state testing during the month of March and wrap up in late April. Our students are in a great position to be successful. As parents, we ask that you too, encourage school attendance and effort everyday, but in particular during this testing time. Although we don’t base all educational decisions on just one ‘snapshot’, the NeSA test is an important part of assessing a student’s proficiency.

Tips for Parents: The Importance of Effort

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.

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.

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Words from the Principal

Continued from page 1

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.

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.

YMS is on Facebook and Twitter

Follow YMS on Twitter @YmsDukes. And ‘like’ us on Facebook.

YMS Spring Parent Coffee

YMS will be hosting our spring parent coffee on Friday, March 20th, starting at 7am. We are also inviting parents to stay for our Friday Assembly on this day.

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

Geography detective

Sleuthing skills can help your child explore geography. When a city, state, or country comes up on the news, challenge him to dig for little-known facts about it in books or online. He might be fascinated to find, for instance, that Minnesota's Mall of America is the size of 78 football fields.

You've got mail!

Want to boost your middle schooler's self-confidence? Mail her a thank-you card telling her how proud you are to be her parent. List all the things you want for her in the future. The note will remind her of your love—without embarrassing her.

Touch base with teachers

Consider requesting a springtime parent-teacher conference, especially if your tween is struggling in any areas. A face-to-face meeting will give you a chance to share your concerns and get suggestions from teachers. By working together, you can create a plan to support your youngster for the rest of the year.

Worth quoting

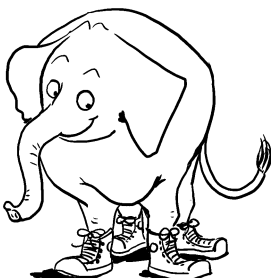
"I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps."

Thomas Edison

Just for fun

Q: Why did the elephant wear green sneakers?

A: Her red ones were in the wash!



Revise and shine

When your middle grader writes a paper, creating a draft is just the beginning. Her work isn't finished until she's sure it is clear, flows well, and includes supporting details. Encourage her to fine-tune her writing with these steps.

1. Read out loud

Suggest that she read her paper aloud. Hearing the words spoken can make problems jump out that she otherwise wouldn't have noticed.

2. Consider the focus

To make sure her essay or report is on target, your child should consider questions like these:

- Is my main idea clearly presented?
- Do I have details to support each argument?
- Does my introduction state what my paper will do?
- Does the organization make sense?
- Does my ending sum things up?

3. Watch wording

Encourage her to look for wording to improve. She should highlight problem areas like repeated words or awkward passages. Also, she can circle words to



substitute with stronger, more interesting, or more precise ones.

4. Vary sentences

Repeating the same sentence length or structure gets boring. Try this: Have your tween count the words in each sentence of a paragraph. If they're similar, she could combine or break apart sentences. And this: Let her underline each "The" or "I" that begins a sentence. If there are too many, she can mix things up (change "The general retired after 30 years in the military" to "After 30 years in the military, the general retired").

5. Make the changes

Finally, she should work on the revisions. And if a section is still not right? Revise it again! 👍

A polished paper

Proofreading is an essential last step before turning in a paper. Offer these tips for spotting errors so your child does his best work—and doesn't lose points for careless mistakes.

Take a break. The more recently he's read the piece, the harder it is to find errors. Suggest that your tween wait at least an hour to proofread.

Print it. Looking at words on paper (rather than on a screen) can help him see mistakes more easily. If there's no printer at home, he might print it at school.

Swap. Have your youngster trade papers with a pal and read once for each area (grammar, punctuation, spelling). Or friends could pass papers around a group, with each person looking for something different. 👍



Talk about bullying

Share this information to help your middle schooler understand what bullying is—and avoid being a target.

It's more than physical. Help your tween recognize bullying when it happens by explaining that it's not just about hurting someone physically. Bullying also includes harming people emotionally or verbally by spreading gossip and rumors, excluding them, putting them down, and texting harassing messages.



It's never okay. Bullying is not acceptable, no matter what. Knowing that it's not "normal" will make your tween more likely to seek help if needed. Have him think of a few people he could go to (a trusted teacher, an activity advisor, his school counselor).

There's safety in numbers.

Bullies aren't as likely to pick on someone with friends, so encourage him to walk with other kids in the hall and sit with people at lunch and on the bus. To build friendships, he might join a club or partner with classmates for projects. 👍

Coming up: Standardized tests

Standardized tests are one important way for schools to know how well they're teaching students and for students to know how well they're learning. Encourage your middle grader to do her best with these suggestions.

• **Make the most of in-class review.**

Many states have adopted new tests that require more critical thinking and problem solving, so it's important that she understand topics in depth. When teachers go over test material, she should pay close attention. If she needs a refresher, she can talk to her teacher and review her notes or textbook.

• **Take practice seriously.** Being familiar with the test format and types of questions will help her prepare. She should work as hard on practice problems and sample tests as she would on the real thing. She'll exercise skills that will help her on test day, such as analyzing, comparing, and explaining. 👍



Parent to Parent

Build responsibility

Recently, my friend said she's having her seventh grader learn to do practical things like iron his clothes and make his own dental appointments. Her feeling is that her son is "in training" to be an adult—and he should start now.



I had never thought of it that way. But that made sense, so I decided to have my son, Charlie, begin taking on tasks that I usually did for him. For instance, when his bike had a flat tire, I showed him how to pump it up. The next time a tire was low, he did it himself.

Likewise, when it was time to change his sheets, I suggested that he learn to do it. I can't say he was excited, but after doing it together twice, we added it to his weekly chores. His sheets might not look as neat as when I did it, but I'm glad he has chalked up another life skill—and is becoming more responsible. 👍

Q & A Together for dinner

Q Now that our kids are older, it's hard to get them to the dinner table, much less keep them there enjoying conversation with us. What do you suggest?

A This is a common problem in today's hectic world. Try sitting down with your calendars, and write in dinnertimes that will work. If possible, be flexible with timing to accommodate work and activity schedules. Then, let your children know

that dinner is part of their agenda just as soccer and play practice are.

Once you're at the table, make it enjoyable to be there. Keep conversations light, and avoid bringing up unpleasant subjects like bad behavior or poor grades. Instead, think of topics to spark fun conversations, such as reminiscing about favorite childhood toys or asking about the funniest things that happened that day.

And one last thing: Keep the television off and cell phones in another room so you can focus on what's important—each other! 👍



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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 www.rfeonline.com
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Sign Up for Notify Me Service

If you haven't signed up for our "Duke Alert" system, we encourage you to do so. It will send you a text and/or email when we announce snow days or late starts. Go to the "Notify Me" tab on our school website (www.yorkpublic.org) to sign up.



Earbuds are easy to carry around and they sound good. We ask that each student have their own set of Earbuds to use while working on Compass!

Track

Track season begins on Tuesday, March 10. Students, must have a physical, a parental consent form on file, and their Blue Card to participate!



NAVY BAND
GREAT LAKES



Liberty Call

Performing the music of Ellington, Basie, Goodman, and more

YORK HIGH SCHOOL
MONDAY, MARCH 23TH
2:05 PM

A MIDDLE SCHOOL CLINIC WITH MEMBERS OF LIBERTY CALL WILL TAKE PLACE AT 11:00AM.

THE HIGH SCHOOL CLINIC BEGINS AT 12:00PM

SEE MR. FORSCH FOR DETAILS

AMERICA'S
NAVY



Navy Band Great Lakes "Liberty Call" Visits York!

Minnesota's well known jazz group "Liberty Call" from the Navy Band Great Lakes will be visiting York on Monday, March 23rd. Members of the ensemble will be providing jazz performance clinics for our middle school and high school jazz bands during the day. They will present a concert featuring the music of Ellington, Basie, Goodman and more from 2:05 p.m. to 3:05 p.m. in the York High School Theater. Everyone is welcome and there is no admission charge!

YMS Parent Coffee
Friday, March 20
7:00 a.m.



Let's kick off spring with a morning coffee.

Parents of York Middle School students are invited for coffee and doughnuts on Friday morning March 20, at 7:00 a.m.

A reception area will be setup in the media center.

We hope to see you there!

YMS Top Spellers



Congratulations goes to Jake Schmid for receiving 1st place in the 6th grade division of the York County Spelling Contest. Ella Hoegh came in third place, while Bo Lucas placed fifth,

Way to go!!



York Middle School Musical

March 19 & 20

YHS Theater at 7:00 p.m.

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

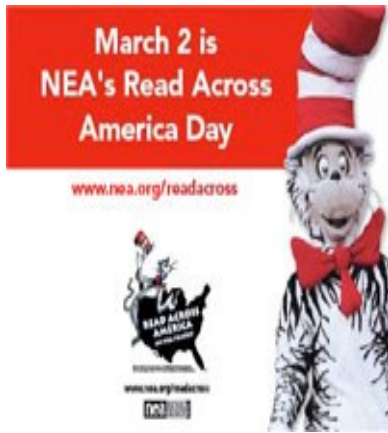
In *Disney's My Son Pinocchio Jr.*, the classic tale of toymaker Geppetto's little wooden puppet is given new life.

Join the Blue Fairy (Tea Kriefels), Stromboli (Bradyn Heiss), and a lively cast of characters as Geppetto (Anthonie Gomez) journeys beyond the toy shop to discover the meaning of family. When the Blue Fairy grants Geppetto's wish to bring his beloved puppet to life, the new father quickly learns that being a parent is full of challenges. He struggles to make his son "the perfect boy" only to lose him to a gang of Roustabouts. It is only when faced with the thought of never seeing Pinocchio (Drew Baldrige) again that Geppetto truly learns the joys of being a father and loving his child unconditionally.

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

There will be a mandatory dress rehearsal for **all** choir students on Wednesday, March 18, in the high school theater from 2:30 - 4:30 p.m. This will allow time to work with the light, sound, and stage crews.

Many parent volunteers will be needed to help with the set, costumes, props, snacks, etc. Please be watching for more information and contact us if you are willing to help, jessica.wagner@yorkdukes.org or jenna.schwarz@yorkdukes.org.



NEA'S Read Across America Day takes place each year on or near March 2, the birthday of beloved children's author Dr. Seuss. Across the country, thousands of schools, libraries and community centers participate by bringing together kids, teens, and books, and YOU CAN TOO!

On March 2, the National Education Association calls for every child to be reading in the company of a caring adult.

We encourage all of you to read with your children!
Celebrate the joy of reading with a child!

YMS will be celebrating Read Across America on Monday, March 2nd through Wednesday, March 4th. We are celebrating Read Across America to get the word out about the importance of children's literacy and to encourage readers, both young and old, to read. During this week, we will have dress up days and read various Dr. Seuss books. Please encourage your child to participate in the dress up days and stress the importance of reading with them. YMS is excited to celebrate Read Across America and promote reading! Go Dukers!

- Monday: Dr. Seuss's Birthday! Red & White Dress up Day
- Tuesday: 500 Hats of Bartholomew Cubbins - Crazy Hat Day
- Wednesday: Dukers Rock Socks like Fox in Socks - Crazy Socks Day!



One Book, One School: "The Power of Un"

By Nancy Etchemendy

Until a week ago, Gib Finney 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 "un-ning" than others, and some things can't be changed at all.

Was the "Unner" a part of the plan in the first place?



In Student Family students designed their own "Unner Device". Students are voting for the best design.

ENERGY DRINKS – NOT A GOOD IDEA ACCORDING TO NEW RESEARCH

According to a recent study done by Yale University, energy drinks like Monster, Full Throttle, Five Hour Energy, Redbull, Amp and Rockstar to name a few have been linked to hyper-activity and inattention in middle school students. The results from this study support the American Academy of Pediatrics recommendation that parents should limit consumption of sweetened beverages and children/teens should not consume any energy drinks. **Children who consumed energy drinks were 66 percent more likely to be at risk for hyperactivity and inattention symptoms**, according to the study in the current issue of the journal *Academic Pediatrics*. Along with causing problems such as hyperactivity and inattention, sugary drinks increase children's risk of obesity. About one-third of American children are overweight or obese, according to the latest estimates from the U.S. Centers for Disease Control and Prevention. **Energy drinks are not recommended to replace breakfast or any meal and do not make a good snack students.** If your child is tired or having problems staying awake his/her body is trying to tell you something. Maybe your child is getting sick? Did your child get enough sleep last night? Is your child eating healthy? Instead of grabbing an energy drink try eating a healthy snack and get 8-10 hours of uninterrupted sleep.

MARIJUANA – THE STONE COLD FACTS

Legal or illegal, marijuana, like alcohol, is one of the most common drugs of abuse among teens that has led to serious problems and consequences. **Remember the 80's commercial, "this is your brain on drugs", with the egg in the frying pan?** Well, that analogy might be more accurate than anyone truly knew at the time. Today, with all the mixed messages kids receive about marijuana, regardless of a state's legal stance, knowing the facts about marijuana is imperative in addressing the topic. Here are some facts you should know: **Marijuana is Addictive** - The main active ingredient in marijuana creates a feeling of pleasure. This effect is partly responsible for the "high" a person feels when he or she smokes marijuana. It is one of the main reasons people use marijuana again and again, which can lead to addiction. **Today's marijuana** - Marijuana being produced today has a much higher amount of THC the active ingredient in the drug, as compared to the versions available in the 1960's and 1970s. In fact, the National Institute on Drug Abuse (NIDA) reports that, on average, today's marijuana contains almost 10 percent THC. **Teen Brain Development** - Unlike adults, the teen brain is developing and often will not stop until the mid-20s. Marijuana and other drug used during this period can have a huge and damaging impact, affecting a teen's ability to develop and grow emotionally, academically and socially. **Learning & Memory** - The THC in marijuana affects the way that sensory information is processed by the part of the brain that controls learning and memory as well with children's emotion and motivation. All of this can lead to problems in studying and learning new things, as well as recalling recent events. **Coordination** - Marijuana can, and many times will, impair a person's balance, timing and agility/movement. This may lead to things such as diminished performance in athletics or cause impaired driving. **Judgment** - Since marijuana affects the area of the brain involved in decision making, using marijuana may only add to risky behaviors and/or poor decision making teens often partake in because of their brain development.

As mentioned before, legal or illegal, marijuana, like alcohol, is one of the most widely abused drugs by teens. So the next time you are having breakfast with your kids, crack open some eggs and talk to them about marijuana.

For more information on marijuana use and the brain please visit the NIDA website www.drugabuse.gov.



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.



FARMERS MARKET



March Selection: Quinoa (Keen-wah)

Quinoa is a high protein, high fiber seed that cooks like a grain. 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

(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

Chili Lime Flatbread - 3/19

Chef Day Try a new type of Chef Entrée! Chef Joe will sauté chicken with a little lime and a little spice and serve it on a warm flatbread. You can choose to add Spinach or pico for even more flavor. 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
March 2 A. Cheeseburger Dinner Roll B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Peas ✓	3 A. Baked Breaded Beef Patty Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Sub Sandwich Mashed Potatoes & Gravy	4 A. Sloppy Joe B. Pizza C. Deli Wrap BBQ Beans ✓	5 NO SCHOOL	6 NO SCHOOL
9 NO SCHOOL	10 A. Taquito Grande B. Pizza Hut Pizza C. Deli Wrap Baked French Fries 	11 A. Taco in a Bag B. Italian Dunkers C. Taco Salad Golden Corn ✓ Cinnamon Breadstick	12 A. Homestyle Goulash B. Grilled Chicken Sandwich C. Crispy Chicken Salad Breadsticks Green Beans ✓ Fresh Baked Sugar Cookie	13 A. Toasted Cheese Sandwich with Tomato Soup B. BBQ Rib Sandwich C. Sub Sandwich Baked Beans ✓
16 A. Fajita B. Corn Dog C. Sub Sandwich Refried Beans ✓	17 A. Homestyle Chicken & Noodles (over Mashed Potatoes) B. Breaded Beef Fingers C. Sub Sandwich Mashed Potatoes & Gravy	18 A. Beef & Bean Burrito B. Pizza C. Deli Wrap Quinoa with Roasted Vegetables ✓	19 A. Spaghetti with Meat Sauce Breadstick B. Baked Crispy or Spicy Chicken Sandwich C. Chef Salad Breadsticks Peas ✓ Gelatin Dessert 	20 A. Homestyle Beef Chili w Crackers B. Baked Breaded Fish Sandwich C. Oriental Salad Breadsticks Green Beans ✓ Frosted Cinnamon Roll
23 A. Homestyle Ham & Pasta Hotdish Breadstick B. Cheeseburger C. Sub Sandwich Baked French Fries	24 A. Pizza Hut Pizza B. Teriyaki Chicken Sandwich C. Deli Wrap Steamed Broccoli ✓ 	25 NEW!! A. Southwest Enchilada Bake B. Baked Chicken Nuggets C. Crispy Chicken Salad Breadsticks Yams ✓ Cinnamon Breadstick	26 A. Homestyle BBQ Pork Sandwich B. Hot Dog C. Taco Salad Coleslaw on the FVB BBQ Beans ✓ Fresh Baked Chocolate Chip Cookie	27 A. Tuna & Noodles B. Italian Dunkers w/ Marinara Sauce C. Sub Sandwich Mixed Vegetables ✓
30 <u>Breakfast for Lunch</u> A. Pancakes and Sausage B. Sloppy Joe C. Sub Sandwich Tri-Tator Hashbrown	31 A. Hot Ham & Cheese Sandwich B. Pizza C. Deli Wrap Golden Corn ✓	New to the Menu 3/25 Southwest Enchilada Bake Delicious layers of corn tortillas, topped with a mixture of black beans, corn, cheese, and a zesty enchilada sauce. Sure to be a new favorite!	Menu Notes: All breads comply with USDA whole-grain rich standards. Homestyle/Scratch Vegetarian Non-Grain Fiber ✓	

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

Menus are subject to change without notice.

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

This institution is an equal opportunity employer and provider.



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
Waffles with Syrup ² Mixed Fruit Juice Choices Milk Choices	Homestyle Sausage Gravy over a Fresh Baked Biscuit ³ Pineapple Juice Choices Milk Choices	Ultimate Breakfast Round ⁴ Fresh Apple Slices Juice Choices Milk Choices	NO SCHOOL ⁵	NO SCHOOL ⁶
National School Breakfast Week 3/2-6 Come join us for breakfast!				
NO SCHOOL ⁷	Breakfast Pizza ¹⁰ Mixed Fruit Juice Choices Milk Choices	Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ¹¹ Pineapple Juice Choices Milk Choices	Pancakes with Syrup ¹² Sliced Peaches Juice Choices Milk Choices	Fresh Baked Cinnamon Roll ¹³ Applesauce Juice Choices Milk Choices
French Toast Sticks With Syrup ¹⁶ Pineapple Juice Choices Milk Choices	Homestyle Sausage Gravy over a Fresh Baked Biscuit ¹⁷ Applesauce Juice Choices Milk Choices	Egg & Cheese Taco Roll ¹⁸ Orange Wedges Juice Choices Milk Choices	Breakfast Pizza ¹⁹ Mixed Fruit Juice Choices Milk Choices	Fresh Baked Cinnamon Roll ²⁰ Diced Pears Juice Choices Milk Choices
Pancake Sausage Stick ²³ Mixed Fruit Juice Choices Milk Choices	Breakfast Pizza ²⁴ Pineapple Juice Choices Milk Choices	Oatmeal with Topping Bar ²⁵ Fresh Apple Slices Juice Choices Milk Choices	Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ²⁶ Applesauce Juice Choices Milk Choices	Fresh Baked Cinnamon Roll ²⁷ Sliced Peaches Juice Choices Milk Choices
Ultimate Breakfast Round ³⁰ Diced Pears Juice Choices Milk Choices	Homestyle Sausage Gravy over a Fresh Baked Biscuit ³¹ Sliced Peaches 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.



March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2  Track Mtg. for 7th & 8th grade 8th grade check-out sweats B	3 7th grade check-out sweats G	4 2:00 Dismissal B	5 NO SCHOOL - Spring Break	6	7
8 <i>Daylight Savings Time Starts</i>	9 NO SCHOOL Spring Break Board of Education Mtg.	10 Track practice starts  G	11 2:00 Dismissal B	12	13 <i>End of 3rd quarter</i>	14
15	16	17  St. Patrick's Day B G	18 2:00 Dismissal G	19  YMS Musical - 7:00 pm -YHS Theater B	20  YMS Parent Coffee 7:00am SPRING G	21 MATHCOUNTS State Competition
22	23 Board of Education Mtg. B	24	25 2:00 Dismissal Staff Appreciation Day  B	26 7 & 8 TR-Home Tri. w/Central City, G.I. Westridge M.S. 4:00pm G	27	28
29	30	31 <i>Teammates Runza Day</i> B G				