



Y.E.S. Indeed!

York Elementary School Monthly Parent Newsletter

What's Inside...

Page 1

Conferences

Classroom Happenings...

Page 2

Social Emotional and

Academic Success

Red Ribbon Week

Page 3

Nurse Notes

Page 4

BOOST Newsletter

Pages 5 & 6

One Book One School

Pages 7 & 8

Home and School

Page 9

October Calendar

Page 10

Breakfast Menu

Page 11

Lunch Menu

Fall Parent-Teacher Conferences are scheduled for next week, October 5-7.

Teachers sent home a scheduled conference time with students. If you have not received a note or need to reschedule, please call the school office at 402.362.1414.

School will dismiss at 2:10 p.m. on Wednesday, Oct. 5 and Thursday, Oct. 6. There will be no Movie time, BOOST or Daycare on these days. No School Friday, Oct. 7 or Monday, Oct. 10.

Classroom Happenings.....

Fearless First Grade

First grade is off to a great start this school year! Students have been learning about different number partners, have started reading groups, and have been learning all about farming. Make sure to ask your student if they can name three crops grown in Nebraska! In October students will begin learning about Native Americans. Students will also get to visit the Stuhr Museum in October to bring to life some of the information students will cover in the Native American unit. Please remember that due to museum policy no extra parent volunteers can attend. Students will also begin their Step Up to Writing curriculum and will begin to learn about the different elements (represented by different characters) of writing. It seems like students are already looking forward to Halloween- happy Fall!

Thrilling Third Grade

It has been a very busy year in 3rd grade! We are just finishing up learning all our multiplication and division facts 0-10. Now we are going to work on mastering them all! We just finished our first class novel in reading groups, *The Boxcar Children*, and now everyone wants to live in a boxcar! In Unit Studies we are completing our unit on fish with reports on Nebraska fish. We are working with Mrs. Kavan in the library to create digital presentations. We will then be starting everyone's favorite unit on Pilgrims! Each class is working hard on L to J quizzes to try to get an ATB (All Time Best) individually and as a class. Whatever we are doing, we have a great group of hard working students! Keep up the great work.

Fabulous Fifth Grade

Fifth graders are making their dreams work with hard work and perseverance. Adding and subtracting fractions and mixed numbers was tackled first in math and students are now adding and subtracting decimal numbers.

Language Arts and writing has been full of color this year thanks to Step Up to Writing. Students are using a stop light picture and colors to help them improve their writing. Green means "Go! Write a topic sentence." Yellow means, "Slow down! Introduce a star (big idea) by using a transition word or phrase." Red tells students to "Stop! Elaborate by providing an example or explanation." Then the stop light goes back to green. "Go back! Remind readers of your topic sentence." Soon we will be ready to show our writing skills with an opinion writing piece that is coming up!

In Social Studies, students will be learning about the regions of the United States. Small groups will collaborate with various Google Apps to complete the "Visit Us!" presentation. The 5th graders will try to advertise for their region and persuade other members of their class to visit their area of the United States.

Fifth graders having been reading about people who worked hard in order to make their dreams realities. Satchel Paige was an African-American pitcher who was a standout in the Negro League in the 1920s-1940s. Their next story will give them insights into the lives of immigrants who came to America at the end of the 19th century. The classes will start practicing for their class productions of the play, The Christmas Carol, next month.

Science class was swinging and flipping at the beginning of the year with pendulum and catapult experiments. Currently, fifth graders are conducting an experiment to answer the question "Which amount of water will be the best for growing corn, radish, barley, and pea seeds?" These budding scientists have learned about the steps of doing a scientific investigation.

Important Dates:

Conferences

October 5-7

No School

October 7

October 10

Book Fair

October 3-6, 2-7pm

Family Literacy Festival

October 3, 5-7pm

All Stars

Friday, Oct 28

Slushie Days

Friday, Oct 21

Friday, Oct 28

Fan Cloth

Clothing Orders

Due October 7

End of First Quarter

Friday, October 14

Red Ribbon Week

October 24-28

Wendy's Night

Monday, October 17,
5-8 pm

2016-2017 Y.E.S.

Meal & Milk

Pricing Information

Breakfast:

Student: \$1.40

Guest: \$2.10

Lunch:

Student: \$2.65

Guest: \$3.45

Skills for Social & Academic SUCCESS!!

Helping children succeed in school and beyond goes well beyond reading, writing and math! York Elementary School is implementing the Second Step Social Skills program in each classroom this year to help our students with self-regulation and social-emotional skills.

Y.E.S. is also participating in the Devereux Student Strengths Assessment (DESSA) Program. The goal of this program is for teachers and families to identify and enhance a child's social and emotional skills, which are essential to academic achievement. Social skills include making and keeping friends, showing respect for others, resolving disagreements in positive ways...to name a few. Emotional skills include things like being able to recognize their own and others' emotions and showing healthy self-control.

Your child's teacher completed an 8-item survey on every child. The DESSA results will provide us information about your child's strengths and areas that need improvement in the following eight social-emotional competencies.

- SELF-AWARENESS
- SOCIAL-AWARENESS
- SELF-MANAGEMENT
- GOAL-DIRECTED BEHAVIOR
- RELATIONSHIP SKILLS
- PERSONAL RESPONSIBILITY
- DECISION MAKING
- OPTIMISTIC THINKING

Results will assist our teachers and support staff with addressing concerns and setting our students up for success!

As a "first teacher" for your student, you are encouraged to register at SecondStep.org for access to program information, games, activities, and a video library. The SecondStep.org Family Activation Key for families is: Kindergarten, **SSPK FAMI LY70**; 1st grade, **SSP1 FAMI LY71**; 2nd grade, **SSP2 FAMI LY72**; 3rd grade, **SSP3 FAMI LY73**; 4th grade, **SSP4 FAMI LY74**; 5th grade, **SSP5 FAMI LY75**.

Red Ribbon Week York Elementary School *"Team Up Against drugs!!"* **October 24-28, 2016**



Red Ribbon Week is nationally recognized and celebrated – including here at Y.E.S. !! The week of October 24th will serve as a vehicle for all of us to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education. Y.E.S. will be CELEBRATING our Good Choices with some fun activities and DRESS-UP Days (information on those days will come home at a later date).

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's Labels for Education and our new one is UPCs Off Country Hearth and Village Hearth Bread and Buns. We no longer are accepting Coke caps, milk caps, pop tabs or Sunny D labels. Thanks!!



NOTES FROM THE NURSE'S OFFICE

What should I know for the 2016-2017 Influenza Season

It is hard to believe that it is October already! The beginning of October is the time to think about the winter illnesses and how we can protect our children and ourselves from influenza and other illnesses.

The influenza activity is extremely hard to predict and will vary season to season. Flu activity most commonly peaks in the United States between December and February; however seasonal flu activity can begin as early as October and run well into May.

The Center for Disease Control (CDC) recommends a yearly flu vaccine for everyone older than 6 months of age. This is the first and most important step in protecting our children and ourselves against this serious disease. Ideally you should begin getting vaccinated soon after the flu vaccines become available, ideally by October, to be certain that as many people as possible are protected before flu season begins. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. When healthy children are vaccinated, the antibodies should last the entire flu season.

In addition to getting vaccinated, you and your family can take everyday preventive actions, like staying away from people who are sick and washing your hands to reduce the spread of germs. If your child is sick with the flu, stay home from school to prevent spreading influenza to others. If you have questions about the influenza vaccine or where you can obtain the vaccine, please give either Donelle Ellison or Patti Vincent (your school nurses) a call or check with your health care provider. You can also call the Home Care Plus Immunization clinic at 402-362-2566 for additional information and scheduling information. Most insurance companies will pay the nominal fee charged for the immunizations!!

With all of us working together, we can keep the spread of winter illness to a minimum!

Patti Vincent LPN
Donelle Ellison BSN RN
402-362-1414

"A Healthy Child is a Happy Child"

There are Pride Packs available. Please contact the YES office for more info.



After-School Club Monthly Newsletter October 2016



Mad Science Lab made "Rain Clouds"

Dear Parents & Guardians,

Caring Sharing Club has been working on Meals on Wheels; we folded and organized lost and found items. We made Birthday and thanks you notes to staff. Our club will be taking care of the recycling bins this week. Students made chore door hangers and picture frames. We've been talking a lot about how we can be caring to others and our school. Our school mission word this week is example and we try to show by example.

This month the gamer students have been testing their mad gamers skills while playing games like; Trouble, Apples to Apples and Connect 4. We have been trying to teach them that sometimes you win and sometimes you lose. We also let them test their knowledge against the computer. They have to use their context clues to figure out what they are supposed to do and how they can beat the game. We are looking forward to hanging out and playing more games with them every day.

When you are doing something fun and it's time to stop, does it feel too soon or too late? Hopefully the students in Crazy 8s Math Club are having so much fun that they feel like Math Club always ends too soon. This past month we explored time in different increments from lining up in birthday order, to being a clock, and racing against the clock in silly stunts. We have also hosted our own Toilet Paper Olympics, measuring feats using toilet paper. Visit the Crazy 8's Math Club website; www.bedtimemath.org for some fun ways to play with numbers.

Our mad scientists have been staying busy, turning liquids into solids and making it rain this week. They made Gak (silly putty) using borax, glue and water. They have been shaking up their very own butter using a mason jar and heavy whipping cream! Each scientist also had the chance make it rain through clouds of shaving cream with food coloring.

SECOND QUARTER CLUBS

October 3 at 8:00 a.m., the following web link will become active. This link will allow you to register all CURRENTLY ENROLLED afterschool students for second quarter clubs.

<https://goo.gl/forms/fEYADH3q3h7z5Up52>

-Clubs Offerings

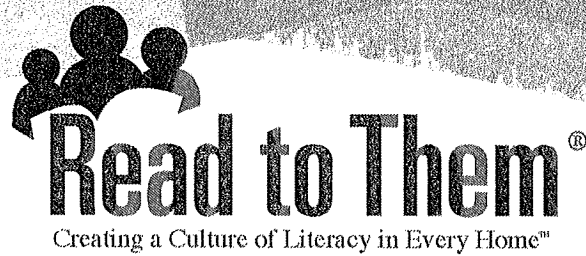
- Crazy 8/Mad Science
- Caring/Sharing/Giving (crafts)
- Gamers
- Homework ONLY
- Robotics (4th & 5th grade only – limited to 15 student)

Contact Info:

(402) 366-2454

boost.allstars@yorkdukes.org





Y.E.S. One, School, One Book 2016
Letter to Families for
Matilda by Roald Dahl

Dear Parent/Guardian:

This month our school will be embarking on a special project, an all-school book club called **One School, One Book™**. Every family will receive a copy of the same book – Roald Dahl's *Matilda* – and will be asked to read it together at home over the next few weeks. I am personally asking you to make the time so that your family can participate in this special activity.

Reading aloud at home is valuable because it better prepares your child to be an effective reader, and it is also a fun, worthwhile family activity. With the **One School, One Book™** program, we aim to build a Community of Readers at our school. Everyone – students, parents, teachers, even administrative staff will all be following along together.

Your family will receive a copy of *Matilda* during parent teacher conferences and we will have a special school-wide assembly introducing the program and the book on October 11. Along with the book, you will receive a reading schedule so that you can keep up at home. Generally, you will be asked to read about 15 minutes each night.

In school, your child will be invited to answer daily trivia questions to encourage and reward attentive listening. You will soon find that your child will take pride in knowing and anticipating the details of the story. In class, students will explore the book through activities and discussion. You will want to make sure your family keeps up so that your child can be included. Throughout the month, everyone will be talking about *Matilda*!

One School, One Book™ is a novel program in that children of all grade levels will all be listening to their parents read same book. Strange or daring as that may seem, it actually makes sound educational sense. Reading professionals recommend reading material out loud that is beyond a child's own reading level. We also believe that you can and should continue reading chapter books with your older children, even when they are able to read by themselves. We have selected a title that can be followed and understood and enjoyed by younger students, but will still captivate and stimulate older children.

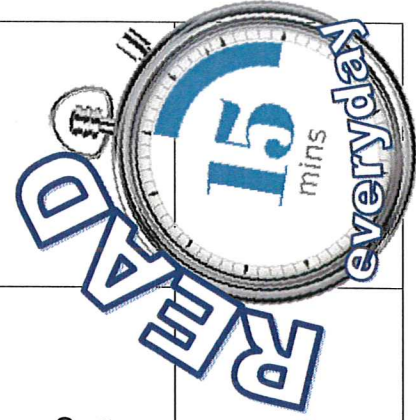
I know that you'll enjoy this special reading time with your children. I hope to talk with both you and your student sometime this month about the smart and talented Matilda and the clever ways that she outwits the oppressive adults in her life. "When a whole school reads a book, there's a lot to talk about." With your help, we can build a Community of Readers at our school.

– Mrs. Friesen

**One School
One Book**

Y.E.S. One School, One Book October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5 PT Conference 4:30-8:30	6 PT Conference 4:30-8:30	7 No School	8 Don't Start reading yet!
Books sent home with OLDEST student in the family during Parent/Teacher Conferences						
9 Don't Start reading yet!	10 No School Don't Start reading yet!	11 KICKOFF Assembly Read pp 7-21	12 Read pp 22-37	13 Read pp 38-55	14 Read pp 56-66	15 Read pp 66-81
16	17 Read pp 82-100	18 Read pp 101-116	19 Read pp 117-140	20 Read pp 141-158	21 Read pp 159-176	22
23	24 Read pp 177-192	25 Read pp 193-205	26 Read pp 206-214	27 Read pp 215-226	28 Read pp 227-240	29
30	31 Catch up on reading!	1- November	2	3	4	



Home & School

CONNECTION®

Working Together for School Success

October 2016

York Elementary School
NEWSLETTER



SHORT NOTES

Focused on learning

Does your youngster know that sitting up straight and watching the teacher helps him stay focused? This position signals his brain to be alert so he can pay attention to lessons and instructions. *Tip:* To avoid distractions, he might pretend there's a tunnel directly between him and his teacher.

Respect for all teachers

Tell your child to treat substitute teachers the way she would treat guests in your home. She should be respectful and provide help if the substitute asks for it. Explain that it's also important for your youngster to follow classroom rules and routines—just as she would if her regular teacher were there.

Time to play

No matter what grade your child is in, he's not too old to play! He'll stretch his imagination and relieve stress. Try pulling out toys he hasn't used in a while, like building blocks or toy trains. Having them in plain sight may inspire him to play with them again. Or walk to a playground after dinner—and invite the entire family to swing, slide, and climb.

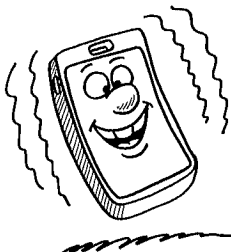
Worth quoting

"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind." *Henry James*

JUST FOR FUN

Q: What never asks questions but gets a lot of answers?

A: A phone.



Homework: Set the stage

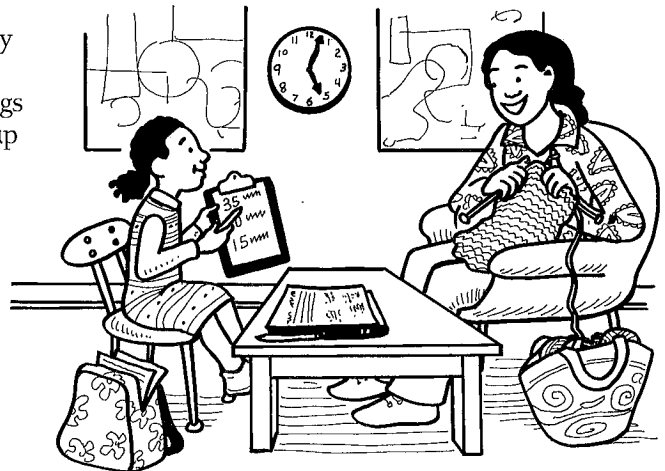
Homework is your child's job, but you play an important role, too. Here are everyday things you can do to set her up for success.

Show interest

Before your youngster starts homework, ask her to tell you about her assignments. She could show you her textbooks or worksheets and explain what she is supposed to do. ("I have to finish the even-numbered math problems on this page and answer questions about this poem.") This shows her that homework is important to you.

Create a schedule

Encourage your child to list the subjects she has for homework every day, and help her estimate how long each will take. ("Math: 35 minutes. Writing: 20 minutes.") Keep in mind that some kids prefer to do easier assignments first so they can quickly accomplish something,



while others would rather start with harder work. Have your youngster decide which method suits her best.

Offer support

There are lots of ways to support your child while she works. Let her bounce ideas off of you for a project, or listen as she reads her essay out loud. If she gets stuck, ask questions to guide her rather than giving her the answers. Or suggest strategies like looking at a previous textbook chapter, consulting her notes, or calling a friend. She'll see that she can rely on herself to find solutions.♥

After-school recap

"What did you do in school today?" If your youngster usually answers, "Nothing," you're not alone. Try these alternatives to get insight into what he's learning:

- Let your child pretend he's a newscaster reporting on the day's events. He could decorate a paper towel tube as a "microphone" for delivering his newscast. ("Alex's class had a guest speaker this morning! She talked about her job as a computer programmer.")

- Before dinner, have each family member write something he learned that day on a slip of paper and put it in a shoebox labeled "Guess what I learned today?" *Example:* "Jupiter has 63 moons." Pass the box around as you eat, and take turns pulling out a slip and reading it. The person who wrote it can answer everyone's questions.♥

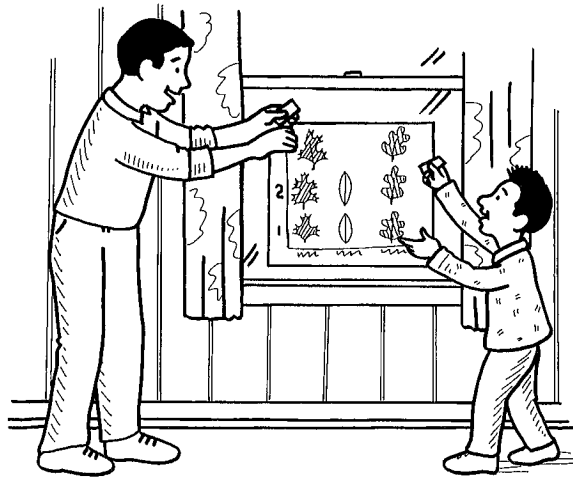


Learning with leaves

Fall leaves aren't just fun and colorful—they're ideal for practicing all sorts of skills. Help your youngster collect leaves from the ground, and enjoy these activities together.

Leaf prints. Have your child dip each leaf into finger paint and firmly press it onto a sheet of white paper. He'll see the imprints of the veins—ask what he thinks the veins are for. (They deliver water to the leaves.)

Graph of leaves. Encourage your youngster to sort his leaves into columns, lining them up evenly across each row. If he sorted by color, you



could ask, "How many more red leaves are there than yellow leaves?" or "Which color did you gather the most of?"

The story of my leaf. Suggest that your child pick his favorite leaf and write a story starting it as the main character. Perhaps he

will write about the leaf changing color or being carried to the ocean by the wind.♥

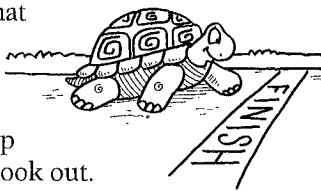
Q & A Finish what you start

Q: My daughter often signs up for activities and then wants to try something different. Recently, she asked if she could quit the school yearbook to join the art club. What should I do?

A: It's okay to try different activities, but sticking with commitments teaches your child to show grit, or perseverance and mental toughness.

Explain that the yearbook staff is counting on her to help get the yearbook out. Find out why she doesn't want to continue. Is her job too hard? Does she want to join the art club because her friends are members? Then, brainstorm solutions. Perhaps your child could switch to a different role on the staff or get to know another member better by inviting her over after school.

Point out that she'll feel proud of herself for doing her best and meeting her obligations. And the perseverance that it takes to finish out the semester or year will serve her well in the future.♥



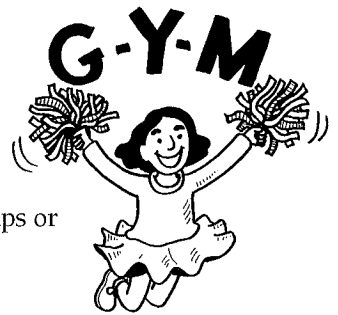
ACTIVITY CORNER

Action-packed spelling

Be active and practice spelling? Yes! Encourage your youngster to grab her spelling list and use these ideas to study.

Cheerleading

Give me a G! Give me a Y! Give me an M! What does it spell? Gym! Suggest that your child spell her words like a cheerleader. She could do cheerleading jumps or other moves as she calls out the letters.



Basketball

Head to a basketball court for this twist on Around the World. Take turns choosing a word to spell (say, piece). Then, stand in a different spot and say a letter of the word for each shot. Get one point for each basket you make—and double your score if you spell the word correctly. When all the words on the list have been spelled, the player with the most points wins.♥

Communication counts

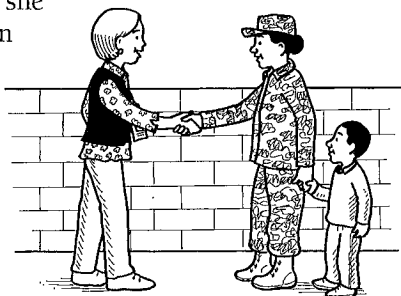
Build a strong relationship with your child's teacher by communicating regularly. Here are tips:

- Ask the teacher about the best way to contact her. Does she prefer email, notes in your youngster's backpack, or phone calls?

- Sign and return items as soon as possible. Your signature on a graded test or reading log

communicates to the teacher that you're interested in how your child is doing.

- Your youngster's life at home can have a big impact on his life in school. Talk to the teacher right away about changes like a new custody arrangement or a parent's military deployment. That way, you and the teacher will both be able to keep an eye out for any changes in his grades or behavior.♥



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

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 2 & 4 Orange K-1-3-5 Red YES Book Fair 2-7 PM	4 2 & 4 Purple K-1-3-5 Orange YES Book Fair 2-7 PM	5 2 & 4 Green K-1-3-5 Purple PT Conference 2:10 Dismissal NO MOVIE, NO BOOST, NO DAYCARE YES Book Fair 2-7 PM	6 2 & 4 Red K-1-3-5 Green PT Conference 2:10 Dismissal NO MOVIE, NO BOOST, NO DAYCARE YES Book Fair 2-7 PM	7 NO SCHOOL	8
9	10 NO SCHOOL Columbus Day	11 2 & 4 Blue K-1-3-5 Red	12 2 & 4 Orange K-1-3-5 Orange	13 2 & 4 Purple K-1-3-5 Purple	14 2 & 4 Green K-1-3-5 Green	15
16	17 2 & 4 Red K-1-3-5 Red Wendy's Night Out	18 2 & 4 Blue K-1-3-5 Orange	19 2 & 4 Orange K-1-3-5 Purple	20 2 & 4 Purple K-1-3-5 Green	21 2 & 4 Green K-1-3-5 Red Slushies	22
23	24 2 & 4 Red K-1-3-5 Orange	25 2 & 4 Blue K-1-3-5 Purple	26 2 & 4 Orange K-1-3-5 Green	27 2 & 4 Purple K-1-3-5 Red	28 2 & 4 Green K-1-3-5 Orange October Birthday Slushies	29
30	31 2 & 4 Red K-1-3-5 Purple Halloween					



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	\$1.40
Adult Breakfast	\$2.10
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
3 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices	4 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	5 A. Waffles with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	6 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Peaches Milk Choices	7 NO SCHOOL-YMS/YES A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices
10 NO SCHOOL	11 A. Egg & Cheese Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	12 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices	13 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices	14 NO SCHOOL-YMS A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
17 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices	18 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	19 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	20 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices	21 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices
24 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	25 A. Egg & Cheese Biscuit B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	26 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast Juice Choices Fresh Orange Milk Choices	27 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	28 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices
31 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit 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	\$2.65	Extra Entrée	\$1.75
Adult Lunch	\$3.45	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.

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

Mon	Tue	Wed	Thu	Fri
<p>3 A. Pancakes & Sausage B. Sloppy Joe</p> <p>Potato Triangle</p>	<p>4 A. Chicken Nuggets B. Home-style Golden Macaroni & Cheese</p> <p>Peas Carnival Cookie</p>	<p>5 A. Home-style Cheese Quesadilla & Beef Enchilada Soup B. Crispy Chicken Sandwich</p> <p>Black Beans</p>	<p>6 A. Home-style Cavatini B. Mini Corn Dogs</p> <p>Green Beans Sugar Cookie</p>	<p>7 NO SCHOOL</p>
<p>10 NO SCHOOL</p>	<p>11 A. NEW! Home-style Lasagna B. Grilled Chicken Sandwich</p> <p>Candied Carrots Chocolate Chip Cookie</p>	<p>12 A. Meatloaf Dinner Roll B. Crispy Chicken Nuggets Dinner Roll</p> <p>Mashed Potatoes with Gravy</p>	<p>13 A. Cheeseburger B. NEW! Chicken Florentine Pasta with Dinner Roll</p> <p>Green Beans</p>	<p>14 A. Pizza B. Toasted Cheese Sandwich and Tomato Soup</p> <p>Baked Beans</p>
<p>17 A. Chicken Fajita B. NEW! Crisptos</p> <p>Black Beans</p>	<p>18 A. Home-style White Bean Chicken Chili and Crackers B. Corn Dog</p> <p>Golden Corn Frosted Cinnamon Roll</p>	<p>19 B. Breaded Beef Patty B. Crispy Chicken Nuggets</p> <p>Mashed Potatoes with Gravy</p> <p>FMS Apples on FVB</p>	<p>20 A. Home-style Spaghetti with Meat Sauce B. Crispy Chicken Sandwich</p> <p>Green Beans Gelatin Dessert</p>	<p>21 A. Taco Burger B. Pizza</p> <p>Peas</p>
<p>24 A. Cheeseburger B. Orange Chicken over Rice</p> <p>Green Beans</p>	<p>25 A. Super Nachos B. Grilled Chicken Sandwich</p> <p>Refried Beans Cinnamon Bread Stick</p>	<p>26 A. Home-style Tater Hot Dish Dinner Roll B. Hot Dog</p> <p>Mixed Vegetables</p>	<p>27 A. Italian Dunkers with Marinara Sauce B. BBQ Rib Sandwich</p> <p>Candied Carrots Chocolate Chip Cookie</p>	<p>28 A. Pizza B. Baked Breaded Fish Sandwich</p> <p>Golden Corn</p>
<p>31 A. Home-style Cheeseburger Soup Dinner Roll B. NEW! Chicken & Waffles</p> <p>Peas Decorated Holiday Cookie</p>				

This institution is an equal opportunity employer and provider.