Greetings YMS Parent(s):
Well we marched through March at YMS! Our vocal music students put on a fantastic performance of "The Lion King", we completed bus evacuation and tornado drills, track practice got rolling, and we were recommended for accreditation from AdvancED. We celebrated Read Across America week with dress up days and DEAR (Drop Everything And Read) time. We even had a breakfast challenge which resulted in the McKinney family taping a very large principal to the wall.

With Spring Break and Easter Break over it is time for everyone at YMS to do our best work. We are going to challenge your student(s) to do their best in class, in the halls, at performances, and especially on the Nebraska State Accountability (NeSA) assessments at the end of the month.

It is a fact that part of the evaluation for Nebraska public schools is how well their students perform on the NeSA tests.

Here at York Middle School 6th and 7th grade students complete the following tests:
NeSA-Reading with three sections and NeSA-Math with two sections.
8th grade students complete the following tests:
NeSA Writing (which was completed in January), NeSA Reading with three sections, NeSA-Math with two sections and NeSA-Science with one section.

We will be completing these tests on Tuesday, Wednesday and Thursday beginning April 12 and concluding April 28 in the morning (specific test days can be found on the calendar attached to this newsletter).

Here are a few tips that you can do as parents to help ensure that your child performs to the best of their ability as we tackle these important tests.

- Make sure that if your child is able to be in school that they are in school. Missing these test dates will require your child to miss regular instruction time to make up the test, so please make sure you do everything in your power to have them in school on these days.
- Ensure that your child has at least 9 hours of sleep on the nights preceding their tests. The morning of the tests please make sure they have a nutritious breakfast. Make sure you remind them to do their very best and that you believe in them.
- Encourage your child to do their best while reminding them that these tests are not "all or nothing" exams. Yes we want all our students to do well on these exams but we are very confident in what we are doing at YMS. A substandard result on a test will not result in anything more than a chance for students to grow. We know that we are doing great things for kids not only academically but socially and emotionally here at YMS and that is as important as any assessment grade.
- In the fourth quarter of football games teams will often hold up four fingers to let the opposing teams know that they "own" the fourth quarter. At YMS are putting up our four fingers to let everyone know that this is the time when we do our best work. This is the time that we show why we give a great effort. This is a time we show everyone that York Middle School has the hardest working students, the most dedicated staff and is the best middle school in the state.


## Greative projects

Encourage your tween to think outside the box for school projects. Approaching them in interesting ways can motivate him to work hard and create a finished product he's proud of. Perhaps he'll include a "Wanted" ad with a paper on an endangered species or a model to accompany a report on an archaeological site.

## Spotlight on effort

When your middle grader brings home a graded test or assignment, first ask what she learned rather than what grade she got. You'll send the message that it's not just her grades that count-it's also the effort she puts into her education and what she gets out of it. Plus, her answer may lead to an interesting discussion.

## Dressed for success

Warmer weather means your child will start wearing lighter clothing. Together, go over the dress code in his student handbook so he knows what's allowed. For instance, maybe he can't wear "muscle shirts," flipflops, or baseball caps in the building.

## Worth quoting

"Somewhere, something incredible is waiting to be known." Carl Sagan

## Just for fun

Q: What do you call an old snowman?

A: Water!


## Updating the rules

As your child gets older, does it seem like the rules you have don't fit anymore? Adjusting them can give her room to gain independence while still keeping her safe. Try these ideas.

## Pick priorities

As kids get older, they tend to push boundaries. Some rules will be nonnegotiable, such as no drinking or smoking, and showing respect for others. Beyond those, decide what really matters to you at this ageand stick to the rules you set. For example, you might expect your tween to keep her bedroom neat and be okay with her wearing light makeup. On the other hand, another family may not consider a tidy room a priority but feel strongly about a no-makeup rule.

## Get her input

Middle graders want to feel like they have some control over their lives. Involve your youngster in rule revisions. Perhaps she wants to decide when to do her chores as long as they're finished by a certain time. Make it clear you'll think over her ideas but that you have the final say. She'll
be more likely to cooperate if you listen, even if she doesn't like your decision.

## Let her earn privileges

Try granting more freedom when your child proves she can handle it. Say she wants her own smartphone or tablet. If you're open to the idea, have her show that she can follow your Internet rules on the family computer or your phone. When you see that she chats only with people she knows, asks permission before downloading apps, and sticks to time limits, you could consider letting her have her own device.

## Dinnertime learning

Put learning on the dinner table with these fun suggestions:

- Hang a map in the kitchen. Talk about where your food is from, and point to the countries or states. Discuss why you think the food is grown or produced there (climate, altitude).
- Play show-and-tell. Family members can take
 turns bringing interesting or unusual objects to the table. Set the item in the center, and say what you think it is, where it came from, or what it could be used for.
- Discuss your day at work. Your child may hear how you managed multiple priorities or handled computer glitches, for example. He'll learn from your experi-ences-and learn about your world, too. $\varepsilon_{3}$


## The "write" subject

Strong writing skills are essential in every class. Here are ways your middle grader can do well when writing in all classes.

Use specific vocabulary. Every subject has its own "language," and your child should include the proper terms in his writing. Encourage him to incorporate the vocabulary, and even the verbs, in his notes and textbooks. In a science lab report, for instance, he might say, "I observed..." instead of "I saw..." Or he should write "numerator" to refer to the top number of a fraction when explaining his math answer.

Cite evidence.
Suggest that your middle schooler use information from course materials (textbooks, teacher handouts, recommended websites) to make sure his writing is accurate and credible. In a persuasive paragraph for social studies, for instance, he can weave in facts to back up his opinion. Or in an essay about an author, he could cite lines from her books.
Tip: Good grammar and proofreading are key to polished writing. Remind your youngster to double-check punctuation, capitalization, and spelling.


Build a family team

When I remarried, my wife and I each brought a son and a daughter into our new family. The kids are different ages and go to different schools, and they didn't seem to have anything in common. But in fact they share something very special-our new family traditions!

We have created our own rituals for birthdays, holidays, and other special days. For example, on New Year's Eve, our family
 picks one thing we all want to add to our lives in the coming year. This year we decided to be more active, so we took up Rollerblading. And on each person's birthday, we set up a treasure hunt that leads to a gift, and everyone writes a nice comment about that family member on a balloon.

We have a lot of fun, and I love that we're creating special memories to share with our new family. है,

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目A rocky friendship (1) My daughter has a friend who doesn't always treat her well. She likes hanging out with the girl but says she's bossy and makes hurtful jokes. How can I help my child handle this?
$\square$ The next time your daughter complains
 about her friend, ask what she gets out of the friendship. Explain that there's no such thing as a perfect friend—but in a friendship worth keeping, the good should outweigh the bad. Suggest that she list pros and cons to help sort out her feelings.

If she wants to save the friendship, encourage her to talk to the girl. You could help her think of conversation starters such as, "Lately you've been deciding what we do. Let's take turns," or "It hurts my feelings when you joke like that."

A good friend should be willing to listen and work on the relationship. If things don't change, your child will need to decide if she wants this person in her life or if she's better off concentrating on other friends. $\hat{\varepsilon}_{\boldsymbol{R}}$

## Reporting-from the past

If your youngster could travel back in time and report on the Boston Tea Party or the Industrial Revolution, what would she say or "tweet"? She can dig deeper into history class topics by pretending she's a news reporter. Try these ideas.

## Breaking news!

Suggest that your middle grader write a headline in her notes for each event she studies. ("Colonists dump tea to protest taxes.") She could add headlines for fol-low-up stories as she learns more. ("Protestors declare tea-drinking unpatriotic.") When she

finishes the unit, let her deliver a newscast for you.

## Tweets and hashtags

Encourage your child to write tweets about people, places, and events. She'll need to decide what's most important as she tries to fit her tweet into 140 characters. ("Mass production \& faster travel $=$ big changes coming to America!")

Idea: For more fun, she might incorporate clever hashtags into her tweets, perhaps "\#railroadsrock" and "\#seatoshiningsea" for the Transcontinental Railroad. 会


# York High School Show Choir, Dukes \& Duchesses Auditions 

Any $8^{\text {th }}$ grader who is interested in being a member of the York High School Show Choir, and Dukes \& Duchesses, auditions will be held on Wednesday, April 27, from 2:30-4:30 p.m. in the high school choir room. For more details, and to sign up, please see Mrs. Wagner.

## The Annual YMS Talent Show!!



We're getting ready for the annual YMS Talent Show. Auditions will be held on Tuesday, April $5^{\text {th }}$ and Wednesday, April 6th. The Talent Show is scheduled for May 9, 2016 at 7:00 p.m. in the York High School Theater. If any band and choir students are interested in auditioning, stop in the office or talk to one of the music teachers for the audition guidelines. All students in $6^{\text {th }}, 7^{\text {th }} \& 8^{\text {th }}$ grade choir will be a part of this show. We are looking forward to another great show, showcasing a lot of talented students!!


## Important Dates to Remember

During the month of April YMS students will be taking Statewide tests in science, math and reading. These tests are used to measure student achievement and to tell schools which skills students need to improve. With information gathered from statewide tests, YMS and YPS can design lessons to raise your child's academic performance.

Results of these tests are also used to evaluate a school's performance. So, it's important to all involved, for every child to do well on the tests.

You can boost your child's performance on state tests. Make sure that your child is in school every day. Proper rest, exercise, and nutrition fuels the brain as your child comes prepared for school.

-NeSA Science - 8th grade April 26 \& 27<br>-NeSA Math - 6th grade April 19 \& 20<br>-NeSA Math - 8th grade April 13 \& 14<br>-NeSA Math - 7th grade April 12 \& 14<br>-NeSA Reading - 8th grade April 20, 21 \& 28<br>$\cdot$-NeSA Reading - 7th grade April 19 \& 21 \& 27<br>-NeSA Reading - 6th grade April 12, 13 \& 28

## Time to start thinking about the NEBRASKA 2016 STATE FAIR!

Dennis Haack will be sponsoring the students competing. I will be sending in list of student competitors to the NE State Fair before I finish my contract with YHS. If you have competed on the testing and performance days in the past, you will be entered in the same competitions you have done before. If you want to add new contests, please let me know. Please get me a current tee shirt size. Anyone interested in being a new competitor in the testing and performance competitions please contact me. Students are eligible for testing and performance contests if they have completed $3^{\text {rd }}$ grade; students are entered as the grade level they are in the spring of 2016. Transportation will be provided for students in $7^{\text {th }}$ grade or above if needed; transportation for younger students must be provided by parents or guardians or approved adult. If you have questions please contact me 402-362-6655 option \#2 or sheila.hubbard@yorkdukes.org.

Please consider entering the early entry competitions. The early entry contests are for students completing kindergarten $-12^{\text {th }}$ grade. Descriptions for all competitions are available on the NE State Fair web site, http://
www.statefair.org; in the golden area at top click on middle tab-Get Involved; select Domestic Exhibits from the list and from this list
select education there you will find the Education Entry Book, select and the book will come up. Please read about the various contests. The performance or live testing contests at the State Fair, will be on Saturday and Sunday, August 27 \& 28, 2016. Preliminary times are listed in the entry book. Each contest students want to participate in needs to be entered on the master entry spread sheet; I will submit this on May 31, 2016. The essay, poetry, penmanship, and the power point entries must be submitted digitally, essays, poems, and penmanship have a variety of submission options all need to be submitted by $7 / 15 / 16$ by the individual student. Please inform me you are entering these contests so you are listed on the master entry form. . All other early entries are to be delivered to Dennis by August 10, 2016. Dennis and I will correctly mount, label, and he will deliver them to Grand Island. The themes for Art, Brick Art, Computer Graphics, Essay, Poetry, and Power Point are listed beside the contest below and in the entry book. Penmanship has excerpts to be copied in the individual's best penmanship. The excerpts are from a NE author, different selections for different ages. The excerpts are available from me when you send me your name to be entered in this contest. S. Hubbard \& Dennis Haack, YPS State Fair Education Competition Coach Performance contests denoted by *; new contests this year denoted by \#:

3-D Art
Art - winter in NE, may enter two pieces Brick Art - My NE Computer Graphics - A local or NE park or historical site (maybe Wessel's Living History Farm) Penmanship
*Construction Science Poetry - winter in NE
*Cup Stacking Power Point - a local or NE state park or historical site Environment Poster *Science Test
Essay - grades 3-12 Do students have too much homework?
K-2 What I like or don't like or both about winter in Nebraska.
Science Display (this can be from the local Science Expo)
Service Project Group
*Grammar Test
*Improvisation
*Poetry Recitation (Poetry Out Loud for HS)
group art project
*Impromptu Speaking
*Math Test
*Monologue (any 25-60 line for all ages)
*Quiz Bowl
\#Cut Snowflakes, any pattern, 3X3 up to 9X9 inches diameter, may enter 1-3 snowflakes
\#Zen Coloring Any Zen coloring page, 9X12. May enter 1 or 2
\#Short Story - grades 9-12 max words 2000; grades K-8 max words 1500. If a story can be told with much less that is fine.

## GIRLS ON THE RUN 5K

## Girls therun

The Southeast Regional GIRLS ON THE RUN 5k presented by York Medical Clinic will be Saturday, May $7^{\text {th }}$ at 10:00 a.m. at the York High School Track area. We will be celebrating our $10^{\text {th }}$ Anniversary!

The 5 k is open to males and females of all ages. Walkers are welcome! Registration opens on March $10^{\text {th }}$ and the deadline for a guaranteed T-shirt is April 7th.

Entry forms are available online at GOTRNebraska.org.
We are also seeking volunteers to help on race day, whether it be on the race route, the registration table, the happy hair station, or a variety of other jobs. If you would like to volunteer, please contact Lori Suddarth at 402-362-6700.

## 8th Grade Orientation

On April 13, the 8th graders will attend 8th grade orientation at the York High School. Orientation will be from 1:35 pm to 3:20 pm. During this time, your student will be able to talk to current YHS students, be given a tour of the building, and will be able to see all of the extra-curricular activities available. York Public Schools will provide all transportation for this event.

Together We Transform Lives
Tuesday,
April 5, 2016

## Runza will be donating 10\% Of their sales from both locations all day to the York Chapter of TEAMMATES



Help Runza Restaurants support TEAMMATES


## SPRING HAS ARRIVED

## Allergy Prevention Tips

Over 67 million Americans suffer from allergies every day. We don't want allergies to control your life. Severe allergy sufferers: get the up-to-the-minute local pollen count you need to help plan your daily activities...so you can take your allergy medication when it matters...before the allergies start. Check your local daily pollen counts. Just because you have allergies doesn't mean you should stop enjoying the outside world.

- Keep your windows closed in your home and car to avoid letting in pollen, especially when the local pollen count is high. Set your air conditioners to re-circulate in your home and vehicle, to avoid drawing in outside pollen-rich air.
- Sign up for allergy alerts so you can easily monitor the allergy counts in your area. Forewarned is forearmed.
- The pollen counts are the highest between 5am and 10am, so limiting your outside exposure during those times can be extremely helpful for diminishing your allergies.
- Limit exposure on mornings that are especially warm and dry; these will usually be the high pollen count days. Days that are dry and windy also have high pollen counts. The best time for outdoor activities is immediately following a heavy rainfall.
- Avoid line drying your clothes and bedding outdoors when your
local pollen count is high.
- Wash your face and hands after you've been outside to remove pollen. Also, change and wash clothes if they've been exposed to pollen.
- Bathe and shampoo hair daily before going to bed to remove pollen from hair and skin in order to keep it off your bedding. Wash bedding in hot, soapy water once a week.
- Minimize contact with items that have come in contact with pollen, such as pets and people that have spent a large amount of time outdoors.
- Wear sunglasses to protect your eyes from pollen, and in severe allergy cases, wear a facemask when daily pollen counts are extremely high.
- Visit your allergist or doctor to see if the allergy shot is for you. Be consistent with your allergy medications for best results.
- If you're traveling, check our allergy forecasts for your destination. Also, be sure to check out our helpful traveling tips for allergy sufferers.


## Fight the Bite of Mosquitoes

- Avoid being outside during early morning or early evening
- Wear long sleeves and pants when outdoors
- Use an insect repellent containing DEET and is safe for children
- Use screened windows and doors so insects don't enter your home
- Screen or cover rain barrels
- Empty all containers that collect standing water such as flowerpots, pet bowls, buckets, tires, toys, bird baths, tarps, etc.
- If you can, avoid wooded and bushy areas with high grass and leaf litter.
- Walk in the center of paths.
- Wear a long-sleeved shirt, long pants and socks.
- Tuck the shirt into the pants, tuck pants into socks.
- Use an insect repellent that contains DEET


## Symptoms of Diseases Spread by Mosquitoes

- Most people don't have any symptoms. But, the most common symptoms are like the flu:
- Fever, headache, and body aches
- Nausea, vomiting, and tiredness
- Some people may have a rash or swollen lymph glands


## Find and Remove Ticks

- Check yourself at least twice a day.
- Check under arms, in and around ears, inside the belly button, behind the knees, between the legs, around the waist, and in hair.
- Take a bath or shower as soon as you can after coming indoors (within two hours) to wash off and more easily find ticks that are crawling on you.
- To remove a tick, use fine-tipped tweezers to grasp the tick as close as you can to the skin's surface.
- Pull slowly and steadily until the tick lets go. Do not twist or jerk the tick.
- Wash the bite and your hands with rubbing alcohol, or soap and water.
- Monitor the site that you pulled the tick from for any changes and report to the doctor if there is redness or swelling. Report to the doctor if you have fever, chills, headache or body aches

Breakfast Menu - April 2016

## Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or

Choice of cereals with toast

- Fruit
- $100 \%$ Fruit Juice
- Milk choices



## Fruilt and Juice Availablle Every Day Start your day off right

## Additional Middle \& High School Choices offered daily

- Smucker's Uncrustable
- Dutch Waffle
- Cheese Pretzel

Stop \& Go Breakíast-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 a Extras

| Student Breakfast | $\$ 1.35$ |
| :--- | :--- |
| Adult Breakfast | $\$ 2.05$ |
| Extra Breakfast Entrée | $\$ 1.00$ |
| Extra Cereal | $\$ 0.85$ |
| Extra Toast | $\$ 0.25$ |
| Extra Milk | $\$ 0.45$ |

Menus are subject to change without notice.

| Mon | Tue | Wed | Thu | Fri |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | 1 <br> A. Fresh Baked Cinnamon Roll <br> B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices |
| 4 <br> A. French Toast Sticks <br> B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices | 5 <br> A. Egg \& Cheese Taco Roll <br> B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices | 6 <br> A. Sausage Gravy over Biscuit <br> B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices | 7 <br> A. Breakfast Pizza <br> B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices | 8 <br> A. Fresh Baked Cinnamon Roll <br> B. Cereal Choices and Toast <br> Juice Choices <br> Applesauce <br> Milk Choices |
| 11 <br> A. Breakfast Pizza <br> B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices | 12 <br> A. Egg \& Cheese Biscuit Sandwich <br> B. Cereal Choices and Toast <br> Juice Choices <br> Applesauce <br> Milk Choices | 13 <br> A. Scrambled Eggs And Toast <br> B. Cereal Choices and Toast <br> Juice Choices Fresh Orange Milk Choices | 14 <br> A. Pancake Sausage Stick <br> B. Cereal Choices and Toast <br> Juice Choices <br> Mixed Fruit <br> Milk Choices | 15 <br> A. Fresh Baked Cinnamon Roll <br> B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices |
| 18 <br> A. Pancakes with Syrup <br> B. Cereal Choices and Toast <br> Juice Choices <br> Mixed Fruit <br> Milk Choices | 19 <br> A. Sausage Gravy over Biscuit <br> B. Cereal Choices and Toast <br> Juice Choices <br> Pineapple <br> Milk Choices | 20 <br> A. Ultimate Breakfast Round <br> B. Cereal Choices and Toast <br> Juice Choices <br> Apple Wedges <br> Milk Choices | 21 <br> A. Oatmeal w/ Toppings <br> B. Cereal Choices and Toast <br> Juice Choices <br> Applesauce <br> Milk Choices | 22 <br> A. Fresh Baked Cinnamon Roll <br> B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices |
| 25 <br> A. Breakfast Sliders <br> B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices | 26 <br> A. Iced Long John <br> B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices | 27 <br> A. Breakfast Pizza <br> B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices | 28 <br> A. Egg \& Cheese Biscuit Sandwich <br> B. Cereal Choices and Toast <br> Juice Choices Sliced Peaches Milk Choices | 29 <br> A. Fresh Baked Cinnamon Roll <br> B. Cereal Choices and Toast Juice Choices <br> Applesauce Milk Choices |

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|  | OL Gr 6-8 |  |  |  | 15 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Fruta M Mg!it iar a Mik Phoibes | Mon | Tue | Wed | Thu | Fri |
| Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. <br> Each student is required to have $1 / 2$ cup of fruits or vegetables on their tray. | Schoolin' the Street <br> Jerk Chicken Flatbread <br> Boldly seasoned chicken served on a warm flatbread and topped with a tangy coleslaw A Caribbean favorite in your lunch line. |  | Chicken Gyro <br> Chef Joe prepares a Greek inspired dish containing perfectly seasoned chicken on a warm pita. Top with fresh vegetables and a traditional sauce. |  | 1 <br> A. Taco in a bag <br> B. Hot Dog <br> Chili Lime Corn Cinnamon Breadstick |
| Look for the Farmer's Market Logo <br> FARMERS on this month's menu for the featured Farmers Market selection. <br> Learn more about this month's Selection on the poster in the dining area or at: | 4 <br> A. Chicken Fajitas <br> B. Pork Fritter Sandwich <br> Baked French Fries | 5 <br> A. Pizza <br> B. Taco Burger <br> Roasted Garbanzo Beans | 6 <br> A. Turkey \& Gravy and Dinner Roll <br> B. Crispy Chicken Nuggets and Dinner Roll <br> Mashed Potatoes with Gravy | 7 <br> A. Home-style Spaghetti with Meat Sauce <br> B. Crispy Chicken Sandwich <br> Green Beans Gelatin Dessert | 8 <br> A. Home-style White Bean Chicken Chili and Crackers <br> B. Corn Dog <br> Golden Corn Frosted Cinnamon Roll |
| Other Daily Entrée Choices: <br> C. Sub/Salad/Sandwich Entrées <br> M-W Sub Sandwich Choice <br> T-Th Entree Salad Choice <br> F Sandwich Choice <br> Choices vary. See menu board for details. <br> D. Deli Wrap Entrées <br> E. Vegetarian Entrées | 11 <br> A. Cheeseburger <br> B. Orange Chicken over Rice <br> Green Beans | 12 <br> A. Pizza Hut Pizza <br>  <br> Cheese <br> Peas | 13 <br> A. Italian Dunkers with Marinara Sauce <br> B. BBQ Rib Sandwich <br> Candied Carrots | 14 <br> A. Home-style Tater Hot Dish and Dinner Roll <br> B. Hot Dog <br> Mixed Vegetables Chocolate Chip Cookie | 15 <br> A. Super Nachos <br> B. Baked Breaded Fish Sandwich <br> Refried Beans Cinnamon Bread Stick |
| M Combo Deli <br> T Fajita Chicken <br> W Turkey Deli <br> Th Ham Deli F Grilled Chicken <br> M-W Vegetarian Salad T-Th-F Fruit, Yogurt \& Cheese Plate <br> All E. include breadsticks <br> Lunch Meal Prices a Extras | 18 <br> A. Home-style Cheeseburger Soup and Dinner Roll <br> B. Crispy Chicken Sandwich <br> Peas | 19 <br> A. Sloppy Joe <br> B. Pizza <br> BBQ Beans <br> Sugar Cookie | 20 <br> A. Breaded Beef Patty <br> B. Crispy Chicken Nuggets <br> Mashed Potatoes with Gravy | 21 <br> A. Home-style Chicken Ranch Pasta and Bread Stick <br> B. Mini Corn Dogs <br> Green Beans <br> FARMERS Kale | 22 <br> A. Soft Shell Tacos <br> B. Hot Ham \& Cheese Sandwich <br> Chili Lime Corn Carnival Cookie |
| MS Lunch $\$ 2.70$ Extra Entrée $\$ 1.75$ <br> Chef Entrée $\$ 2.00$ Extra Side $\$ 0.50$ <br> Adult Lunch $\$ 3.40$ Extra Milk $\$ 0.45$ <br> Adult ONE TRIP    <br>     | 25 <br> A. Cheeseburger <br> B. Home-style Chicken Stew over Fresh Baked Biscuit | 26 <br> A. Pizza Hut Pizza <br> B. Taquito <br> Peas | 27 <br> A. Home-style Beef Goulash <br> B. Grilled Chicken Sandwich | 28 <br> A. Schoolin' the Streets: Jerk Chicken Flatbread <br> B. Pork Fritter Sandwich | 29 <br> A. Home-style Buffalo Chicken Pasta <br> B. Hot Dog |
| Questions or comments: <br> Contact: Mitch Novak, Foodservice Director at (402) 363-9169 or mitch@lunchtimesolutions.com | Mixed Vegetables | Pizza | Green Beans Sugar Cookie | Baked Beans | Golden Corn Chocolate Chip Cookie |

Applications for Free and Reduced Price meals are available in the school office.
Menus are subject to change without notice.

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LST
Solutions, Inc.

## April 2016



Sun Mon
Tue
Wed Thu

Fri
Sat

|  |  |  |  |  | $1$ <br> April Fool's Day $\mathrm{G}$ | 2 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 3 | 4 | $\begin{aligned} & 5 \\ & 7 \& 8 \text { TR } @ \\ & \text { GIN }-4.00 \text { pm } \\ & \text { TEAMATS } \end{aligned}$ | $6$ <br> 2:00 Dismissal | 7 <br> 7 \& 8 TR - Home vs. Crete $4: 00 \mathrm{pm}$ | 8 | 9 |
| 10 | 11 <br> Board of Education Mtg. <br> G | 12 <br> 7 \& 8 TR @ <br> Aurora Tri. w <br> Seward <br> 4:00 pm <br> B | 13 <br> 2:00 Dismissa <br> 8th Grade <br> Orientation @ YHS <br> 1:35-3:20 pm $\qquad$ | 14 | 15 |  |
| 17 | $\begin{aligned} & 18 \\ & 7 \& 8 \text { TR @ } \\ & 7 \\ & \begin{array}{l} \text { Columbus Invite } \\ \text { (Pawnee Park) } \\ 9: 00 \text { am } \\ \end{array} \\ & \\ & \quad \text { B } \end{aligned}$ | $19$ | 20 <br> 2:00 Dismissal <br> B | 21 | 22 | 23 <br> 7 \& 8 TR @ Aurora Invit 9:00 am |
| 24 | $25$ <br> Board of Education Mtg. <br> G | 26 <br> 7 \& 8 TR @ Crete Quad w/Seward, Fairbury (Doane College) 3:30 pm | 27 <br> 2:00 Dismissal <br> G | 28 | 29 | 30 |


[^0]:    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.

