



Be Safe, Be Respectful, Be Responsible

August - September 2014

Words from the Principal

York Public Schools 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.

Welcome to the first York Middle School newsletter for the 2014-2015 school year. The YMS news is a monthly publication designed to keep parents informed of the news and activities relating to York Middle School. This issue is packed with information regarding the necessary preparations to get your middle schooler ready for the first day of school.

The York Middle School newsletter is also on-line. You will be able to access it by using the district's web-site. If you do not have access to a computer, you may sign up to continue to receive a hard copy. Details are inside this edition.

Although the start of a new school year is very exciting, 6th graders and new students to the district are at least a little concerned or nervous about the new year. Rest assured your child is normal to have those concerns. Moving from class to class, different teachers, more homework or challenging projects, extra-curricular activities, and making new friends are examples of some of the concerns most children face. YMS administration and staff are committed to guiding and supporting each child to ensure all individual potential is reached.

Middle Years—Each month I provide a publication called, 'The Middle Years.' This publication is jammed packed with tips and information that will aid parents and students in their trek through middle school. The publication will be found inside every newsletter and we hope you enjoy the information.

Effort = Success

Coming to YMS as an elementary student and in three short years being prepared for high school can be an intense and rather stressful time. Two of the most important traits that will assist in this transition are **Attitude & 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. 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.

Be Safe, Be Respectful, Be Responsible— YMS behavior expectations are based upon the 3 B's. Doing this will allow all students to grow academically, physically, emotionally and socially. Throughout the year students will be taught what it looks like to be safe, respectful, and responsible at school and also throughout their daily lives.

Safety— In this newsletter you will find information concerning the arrival, departure, parental pickup and drop-off of students. Please have a conversation with your child about safety during this time. Students walking or riding bicycles to and from school are encouraged to be aware of their surroundings, cross streets at appropriate areas and respect all traffic around them. The first several days of school will be spent educating students on the importance of safety during this time.

Back-to-School Bash and Open House - There is important information concerning these two events in this issue. Both events are vital to a successful beginning of the school year. We hope to have a tremendous turnout for these events.

The first day of school - Our first day of school will be Thursday August 14, beginning at 8:00 AM. Students will first report to their student family. School will dismiss at noon with no lunch being served. Buses will run immediately after school is dismissed.

If you have any questions please feel free to contact the middle school at 362-6655.

Once again, we are looking forward to an outstanding school year!

Sincerely,
Brian Tonniges, Principal
www.yorkpublic.org

Like us on Facebook!

Middle Years

Working Together for School Success



Short Stops

Meet the teachers

Touching base with your child's teachers at the beginning of the year helps establish a relationship that makes it easier to communicate later. Attend a back-to-school night or parent orientation session. If you can't make it, send emails or notes to introduce yourself and share a little about your middle grader.

Last word

Does your tween insist on having the last word during disagreements? If so, try working on her conflict resolution skills. The next time there's an argument, suggest compromising—and letting it go. ("Both of us should've remembered to return the movie. Let's put a reminder on the door next time.")

Family time—on foot

When your child is going somewhere within walking distance, consider joining him for a walk instead of driving him. You might head to the library or to the store for project supplies. You'll both get some exercise and a chance to catch up.

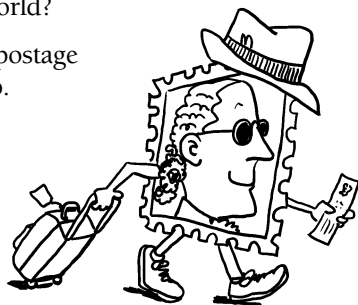
Worth quoting

"Kindness is always fashionable."
Amelia Edith Barr

Just for fun

Q: What stays in the corner but travels the world?

A: A postage stamp.



A+ organizing

What's one of the biggest differences between elementary school and middle school? A greater need for organization! With multiple courses and more homework, your tween can benefit from strategies like these to keep her stuff straight.

Locker

An organized locker will help your tween quickly grab what she needs. It's a good idea to place textbooks in the order of her classes on a shelf with the spines showing. A shoebox could store extra supplies like pens, erasers, and calculator batteries. Periodically, she should clear out clutter and take home items she isn't using.

Homework area

Whether your middle grader works at a desk or the kitchen table, keeping supplies handy will make study time more efficient. Perhaps she'll arrange them in a shower caddy or in clear jars. Also, have



her develop a system for storing old tests and assignments. She might cover empty cereal boxes with construction paper and label one for each subject.

Backpack

Busy students tend to dump everything into their backpacks and leave it there. Suggest that your child clean out her bag after school every Friday. Soon it'll become a habit, and she'll be ready for a fresh start each Monday. 👍

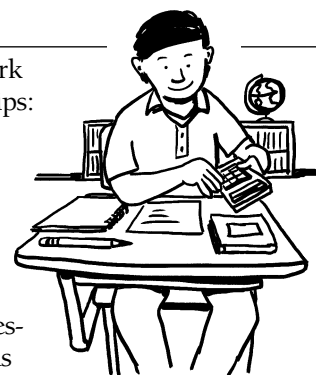
All set for class

Being ready before class starts lays the groundwork for your child to do his best in school. Share these tips:

■ Suggest that he get out books, notebooks, and supplies when he takes his seat. Preparing to pay attention right away will help him focus and catch important information announced when class begins.

■ If he has time before the bell rings, he might skim yesterday's notes or textbook chapter. Doing so can jog his memory and help him participate in class discussions.

After he does homework each night, he could peek ahead to the next day's lesson. That way, he'll be prepared for what the teacher will be presenting. 👍

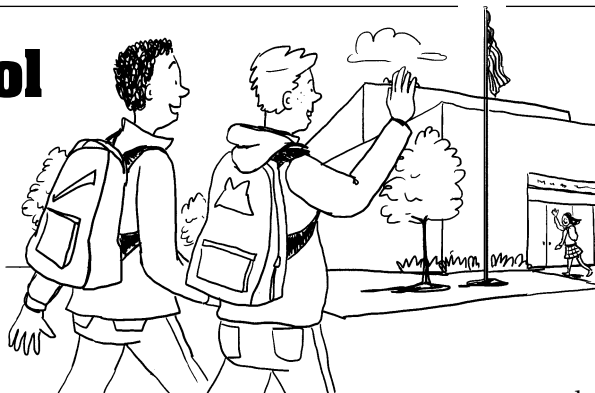


It's a middle school social life

Feeling accepted is important for middle graders. But your tween's classes might be filled with students he's never met, and old friends may have moved away or made new friends. Here is advice that can make it easier to navigate the changing social scene.

Be approachable. Tell your child to think of everyone he meets as a potential friend. By smiling and saying hi in the halls or cafeteria, he could strike up conversations with people he may want to spend more time with.

Make (and keep) plans. Suggest that your youngster take a chance and invite new friends over for pizza and a movie on a



weekend, for instance. It's best to plan ahead—if he waits until Friday afternoon to ask, they might already have plans. *Tip:* Encourage him to stick to his plans (even if something better comes up) so people know he's reliable.

Think of conversation starters. Help your tween come up with topics to talk about so he won't feel tongue-tied. Staying up-to-date on music or sports can give him things to discuss that other kids are likely to be interested in. Also, include him in adult conversations so he'll hear potential topics. 👍



Q & A Word wise

Q I've heard that a good vocabulary makes students better readers and writers. How can my daughter increase hers?

A You're right—a bigger vocabulary lets your middle grader understand more of what she reads and gives her new words to choose from when she speaks and writes.



Encourage her to use words she learns in school on a regular basis. Make it into a game by having her track how many times she says a new science term for a week—and then she can try to beat her "score" by using a social studies term the next week.

When she studies, she might have fun illustrating new words (say, a brick wall for a *barricade*). Or she could list related words, such as *police* and *cautious* for *vigilant*. Hanging the pictures or lists over her desk can make the words become familiar—and a part of her vocabulary. 👍

Jazzed about learning

Help your child find fresh ways to get motivated for a new school year. Try these three suggestions.

1. Talk about how classes will help her outside of school. For example, an economics unit could help her manage money. Or if she's learning Spanish, she'll be able to talk to neighbors or storekeepers who speak Spanish.
2. Enthusiasm is contagious, so show excitement about what your tween is studying. Ask about math topics she's working on, or let her describe a new form of poetry that she read.
3. Point out connections to current events and the latest technology. You might show her an article about the Mars rover if she's studying the solar system or suggest that she look for a drawing app if she's taking art. 👍



Parent to Parent Cyber "health"

I was surprised when I took my son Sam for a checkup and our pediatrician brought up cyber safety. My friends all seem to have different rules for their kids about computers and phones, so I was interested in hearing the doctor's thoughts. He said he is in favor of keeping laptops in the family room or kitchen where parents can supervise children online, and he thinks it's a good idea to set up parental controls on kids' phones.

At home, I brought up the issue again with Sam. I told him that he isn't allowed to share personal

information or chat with strangers online. And I explained that because it's my job to make sure he's safe, I need to be around when he uses the computer. He doesn't have a phone yet, but when he gets one, I'm going to look into the safety features that are available.

It was good to hear this information from someone we trust. Now even though his friends might not have the same rules as he does, at least my son got to hear the doctor's professional opinion. 👍



OUR PURPOSE

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

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YMS Open House

Tuesday, August 12
5:30 p.m. – 7:30 p.m.

Welcome, students, to York Middle School! It can be difficult to start school in a different building: learning where rooms are located and meeting new teachers and friends. To aid in this transition, we are holding an open house to invite *all* incoming students, along with their parents, to an evening of orientation.

Orientation will be from 5:30 - 7:30 p.m.

6th grade students can pick up their schedules from 5:30 - 6:00 p.m. Starting at 6:00 p.m., there will be a short presentation in the gym for all 6th grade students and their parents. Following the presentation, students and their parents are welcome to tour the building, find their lockers, and visit with teachers.

7th grade students can pick their schedules up from 6:00 - 6:30 p.m. A short presentation will be in the gym at 6:30 p.m., for 7th grade students and their parents, followed by a tour of the building, locating their lockers and visiting with the teachers.

8th grade students can pick up their schedules from 6:30 - 7:00 p.m. At 7:00 p.m., there will be a short presentation in the gym for all 8th grade students and their parents. The 8th grade students may then tour the building, find their lockers and meet their teachers.

The office will be open to purchase activity tickets and put money into lunch accounts. If you are able to take the time to complete the forms in your child's packet, the office will gladly accept those as well.

We look forward to seeing you on Tuesday, August 12!



New YMS Staff

YMS welcomes the new additions
to our staff for the
2014 - 2015 school year!

Donelle Ellison	Nurse
Kristin Gray	Sped
Kim Hirschfeld-Cotton	6th Grade Math
Jeff McKinney	7th Grade Math
Kim Snodgrass	7th Grade English
Tonya Swan	Para-professional
Amy Vernon	All-Stars

Parent-Student Folder



Your son/daughter will be receiving their Parent-Student Folder at the YMS Open House. This packet will contain your son/daughter's schedule, as well as several forms for you to fill out.

In order for us to communicate effectively, as well as file reports to the state, we need to make sure we have accurate, up-to-date information.

**For us to do our job well,
it is critical that you
fill out and return all forms
to the middle school.**

We will then go through and update the information.

**We would like all parental forms
returned to the YMS office
by September 3rd.**

We appreciate your help in this process!

Loading and Unloading of Students Before and After School

Parent drop off and pick up is on the west (Delaware Avenue) side of the building. Stay to the right and follow the signs. Please pull forward to the blue parking line. Pulling forward will keep the traffic flowing and will reduce the waiting for other parents dropping off their son/daughter.

The Delaware Avenue entrance is the primary entrance into the building!
Visitor parking is located here as well.



North Delaware Avenue (west view)

Before and after school the streets surrounding York Middle School will become very congested, and at times, can be dangerous. We need assistance from parents to please be patient during this time and help to ensure the safety of our students!

School Hours

Supervision at York Middle School begins at 7:40 a.m. We ask that students not arrive on campus prior to that time. One staff member supervises the cafeteria. Students are welcome to congregate in that area. Once students get to YMS, they are expected to come on campus and remain there. Students enter the halls at 7:50 a.m. with classes beginning at 8:00 a.m. Dismissal is at 3:13 p.m. Students are expected to clear campus and return home as soon as school is dismissed unless they are participating in a supervised extra-curricular activity, staying after school with a teacher, or participating in the "All-Stars Program."

On early dismissal days, students must leave the campus and return for sports practice no earlier than 3:15 p.m., **unless** the student is involved in the "YMS All-Stars" after school program.



7th Grade Physicals

State law requires that **all** seventh grade students have a physical examination by a qualified physician. Seventh grade physical forms must be turned into the YMS office by October 1, 2014. If you have any questions, please contact Donelle Ellison, the school nurse, at 362-6655.

Fall YMS Athletics



The fall middle school athletic season is just around the corner. Football practice will begin on Wednesday, August 20.

Seventh & eighth grade students going out for volleyball or football: Be sure to have your physical **before** the first day of practice. You will need to turn in **both** the physical form, and the parent consent form in order to get your blue card **before the sport begins**. The blue card will then be turned into your coach the first day of practice.



YMS ACCESS



All YMS doors will be locked during school hours, 8:00 a.m. – 3:13 p.m. Anyone wishing to enter the building will need to access the buzzer system located at the main, west entrance of YMS. This system will alert office staff. Once visitors have been identified and viewed through the video monitoring system, they will be allowed to enter.



YMS Back to School Bash

Attention YMS students! Join us for a fun-filled afternoon of swimming at the York Family Aquatic Center on Friday, August 8, from 2:30-4:00 p.m.

Refreshments will be served.

This will be a great chance to get reacquainted, and see all of your classmates!

The event is free for all YMS students.

If you have a pool pass, please bring it with you!

School Pictures



YMS will have school pictures taken on **Thursday, September 25**, by Jack Martin Studios. We will remind students in the daily announcements of the pictures and what would be appropriate apparel for the best photo.

YMS Student Handbook

In an attempt to streamline the process of our handbook, we are offering the handbook online on the school website. We will be able to save a considerable amount of money in printing costs by going this route. Printed hard copies will be available in the middle school office **as needed**. In the Parent-Student Folder you will find a signature sheet for students and parents to sign. Those signatures mean you have been made aware of the availability of the handbook both online and in print form, and that you acknowledge that you, and your child are responsible for the content of the handbook. The signature sheet needs to be returned the first week of school.

Thank you in advance in helping us out with this process!



YORK MIDDLE SCHOOL NEWSLETTER MAILING LIST UPDATE

In order to conserve resources, the YMS monthly newsletter is available online on the school website. To continue receiving the York Middle School newsletter via the U.S. mail, please complete and return this form to Connie at YMS.

You can visit the York Public School's website at your convenience to read the monthly edition of the York Middle School newsletter. The web site address is www.yorkpublic.org. Click on the Middle School tab. The newsletter has relevant information pertaining to middle school activities, the calendar of events, and the lunch menu, as well as, articles relating to middle school children. ***Each newsletter has up-to-date, need to know information.***

If you don't have access to the internet and would like to continue to receive a hard copy of the newsletter, please fill out the information below.

You **MUST** return this form by September 24, 2014, in order to continue receiving the newsletter via U.S. mail.

Name _____ Address _____

City _____ State _____ Zip _____

7TH AND 8TH GRADE MARCHING BAND



7th and 8th Grade Marching Band

The York Middle School 7th and 8th grade band students will open their marching season with a performance for the Yorkfest Parade in downtown York at 10:00 a.m. on Saturday, September 6th. We will also march in this year's Homecoming Parade to be held on Wednesday, October 1.

Band members will be wearing navy blue band polo shirts and blue jeans or blue jean shorts as their parade uniform. We will be placing orders for our middle school band polo shirts the first full week of school. The shirts are the same style as last year, in navy blue with the Middle School Band logo. Cost for the shirt is \$12.00 each. (Checks payable to York Middle School.) A chart of available shirt sizes is included below.

Youth Sizes:		Adult Sizes:	
Small	(6-8)	Small	(34-36)
Medium	(10-12)	Medium	(38-40)
Large	(14-16)	Large	(42-44)
X-Large	(18-20)	X-Large	(46-48)



At YORK MIDDLE SCHOOL



ALL-STARS (After-School Programs) to begin on Monday, August 25th.

This is a free after-school program for YMS students.

Students who attend ALL-STARS will receive a healthy snack, and homework assistance each day. In addition to this, they will also be involved with a variety of learning opportunities, and activities.

ALL-STARS runs from 3:15-6:00 p.m., Monday - Thursday.

Students MUST be registered prior to attending this program.

Admission Prices for Activities

The admission price for varsity activities for the 2014-2015, school year will be \$5.00 for adults and \$4.00 for students. The admission price for junior varsity, 10th, 9th, 8th, and 7th grades will be \$3.00 for adults and \$2.00 for students. Admission prices to track meets will be \$3.00 for adults and \$2.00 for students. The purchase of an activity ticket will get you into all of these events.

Activity tickets are available for purchase in the YMS office for a price of:

K-12 \$35.00

ADULT \$55.00

FAMILY \$130.00

GOLDEN PASS \$30.00
(age 60 and over)



ATTACK ON ASTHMA

Throughout Nebraska schools a protocol is followed for emergency treatment of a student or staff member with **life threatening** asthma or allergic reaction.

The protocol steps are designed to provide quick, effective care to prevent death. Certain staff members have been trained to call 911, give an injection of epinephrine and deliver a nebulizer treatment of albuterol to improve breathing. The protocol is a standing medical order that has been signed by the physicians and physician assistants of the York Medical Clinic.

If your student has asthma or a potentially life threatening allergy, it is critically important you communicate this information to our school staff and to Donelle Ellison, RN or Patti Vincent, LPN. The plan and medications you and your physician provide to school will be followed for your student.

Please complete and return an action plan available from York Public Schools or submit the plan your physician provides. Direct any questions to Donelle Ellison or Patti Vincent at 362-6655.



When your child is going to be absent....

When your child is ill and unable to attend school we want to hear from you. Give us a call at 362-6655, option 1, between 7:30 a.m. and 8:30 a.m.

Please let the office know in advance when your child is going to be absent for an appointment or will be going out of town. **For the safety of your child, we make sure all absent children are accounted for!**



BUS TRANSPORTATION

If you think that your son/daughter will be riding the school bus to and/or from school, you must complete a transportation registration form and return it to the Transportation Department.

The transportation registration form is located on the York Public Schools website.

The Transportation Department will be present at YMS Open House on Tuesday, August 12th to answer any questions you may have.



FREE AND REDUCED LUNCH

Free and reduced price lunch applications are enclosed in this mailing. If you wish to apply, please complete the form and either send it to school with your son/daughter or mail the application to the Superintendent's Office. An application must be completed for *each new school year*. If your child/children qualified for free or reduced price meals at the end of last school year, you must submit a new application by **September 26th** in order to avoid an interruption in meal benefits.

ALL APPLICATIONS WILL BE KEPT IN STRICT CONFIDENCE!



STUDENT INSURANCE

If you desire to purchase school insurance, please refer to the information enclosed. You may also call Ben Royal at (402) 362-7477 with Cornerstone Insurance Group with any questions you may have.



Student Family

Mr. Doud, Counselor

Welcome Back Students! I am sure you all had a great summer and are ready to hit the books again for another exciting year. We are fired up for a great year of activities, challenges and broadening your horizons. Hold on for a fun ride.

Student Family at York Middle School:

We take tremendous pride in our Student Family program. It is the heart and soul of York Middle School. The YMS population is divided into sixteen Student Families. Each Family consists of five or six students from each grade level. After placement, the students remain in the same Student Family throughout their three years at the middle school. This arrangement encourages a sense of "belonging" for each of our students.

Student Family plays a pivotal role in the orientation of new students. Family provides student's with information concerning schedules, lockers, behavior guidelines and all of the other issues students face upon enrollment. Student Family's focus the first two weeks of school is to help the students assimilate to York Middle School.

Student Family is an integral part of our curriculum. Its foundation is built upon units which explore a multitude of issues. In essence, we view the student as a whole person addressing the cognitive and effective needs of each child. Family lessons delve into the areas of family relationships, friendships, coping skills, stress management, decision making, manners, games that encourage team work, issues surrounding loss and death, values, bullying, and many others.

Student Family's overall concept is for YMS student to:





- Be Safe
- Be Respectful
- Be Responsible

In addition to this, our Student Families participate in school activities and community projects which encourage our students to work together, grow as individuals, and to ultimately realize the importance of good citizenship. Student Family enriches the live of students, teachers and the community of York.

Take time to ask your child about family and what it means to them.

August 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8 <div>  <p>YMS Back to School Bash @ York Aquatic Center 2:30-4:00</p> </div>	9
..... YMS New Student Registration 8:00-12:00 1:00-3:00						
10	11 Board Education Mtg.	12 <div>  <p>YMS Open House 6th-5:30, 7th-6:00, 8th-6:30pm</p> </div>	13	14 <div>  <p>Noon Dismissal</p> </div>	15 V/B Meeting 3:15 pm @ YMS	16
17	18 <div>  <p>Volleyball practice starts</p> </div>	19 <div>  <p>Back to School Celebration Pep Rally 6:30-8:00 pm East Hill Park 7th grade FB check-out</p> </div>	20 <div>  <p>2:00 Dismissal Football practice starts @ 3:40</p> </div>	21	22	23
24	25 Board Education Mtg.	26	27 2:00 Dismissal	28 YMS BelieveKids Fundraiser through Sept. 12	29	30
31						

WELCOME BACK!



September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO SCHOOL Labor Day	2	3 2:00 Dismissal	4	5	6 Band @ Yorkfest Parade 10:00 am 
7	8 Board Education Mtg.	9	10 2:00 Dismissal	11 7 & 8 FB-Home vs Columbus Scotus 7th-5:00 8th-6:30pm YMS Fundraiser Ends	12	13
14	15 7 FB @ Crete M/S 4:30 pm 8 FB-Home vs Crete 4:30 pm	16 8 VB-Home vs Crete @ 4:30 pm 7 VB @ Crete MS 4:30 pm	17 2:00 Dismissal	18 7 & 8 VB Home vs Fillmore Central 7 @ YES/8 @ YMS 4:30 pm	19  YMS Parent Coffee	20
21	22 7 & 8 VB-Home vs Beatrice 7 @ YES/8 @ YMS 4:00 pm 7 & 8 FB @ Beatrice 7 @ 4:00 8 @ 6:00 pm	23	24 2:00 Dismissal	25  YMS School pictures 7 & 8 VB @ Hastings St. Cecilia 4:00 pm 7 FB-Home vs Aurora - 4:30 pm	26 YMS PLUM CREEK LITERARY FESTIVAL	27
28	29	30 8 VB @ Seward MS 4:00/5:00 pm 7 VB-Home vs Seward @ YES 4:00/5:00pm 8 FB-Home vs Seward 4:30pm				

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



August selection: Sweet Corn

Find the nutritional benefits of Sweet Corn 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 &
F Cheese Plate

(All E. include roll or breadsticks)

Lunch Meal Prices & Extras

MS Lunch	\$2.60	Extra Entrée	\$1.75
Chef Entree	\$2.00	Extra Milk	\$0.45
Adult Lunch	\$3.35	Extra Side	\$0.50

Adult **ONE TRIP** Fruit & Veggie Bar \$1.75



Mon	Tue	Wed	Thu	Fri
Menu Notes: All Breads Served are Whole Grain Rich Homestyle/Scratch 😊 Vegetarian 🌱 Non-Grain Fiber ✓	Applications for Free and Reduced Price meals are available in the school office. Menus Subject to change without notice.			
			14	15
				A. BBQ Rib Sandwich B. Pizza 🌱 C. Combo Sandwich Golden Corn ✓
18	19	20	21	22
A. Cheeseburger B. Scalloped Potatoes with Ham 😊 C. Sub Sandwich Green Beans ✓	A. Taco in a Bag B. Hot Dog C. Fajita Salad Golden Corn ✓ Cinnamon Breadstick	A. Country Fried Steak B. Baked Chicken Nuggets C. Sub Sandwich Mashed Potatoes & Gravy Fresh Baked Chocolate Chip Cookie	A. Grilled Chicken Sandwich B. Hot Pepperoni Sub C. Oriental Salad Breadsticks Baked Beans ✓	A. Pizza 🌱 B. Hot Ham & Cheese Sandwich C. Turkey & Cheese Sandwich Peas ✓
25	26	27	28	29
A. Fajita B. Pork Fritter Sandwich C. Sub Sandwich Black Beans ✓	A. Taco Burger B. Pizza Hut Pizza 🌱 C. Combo Sandwich C. Deli Wrap Mixed Vegetables ✓ 	A. Turkey & Gravy (over Mashed Potatoes) 😊 B. Baked Chicken Nuggets C. Sub Sandwich Mashed Potatoes & Gravy	A. Spaghetti with Meat Sauce 😊 B. Baked Crispy or Spicy Chicken Sandwich C. Chef Salad Breadsticks Green Beans ✓ Gelatin Dessert	A. Homestyle Beef Stroganoff 😊 B. Corn Dog C. Crispy Chicken Salad Breadstick Fresh Corn On the Cob ✓ Frosted Cinnamon Roll
1	2	3	4	5
No School LABOR DAY 	A. Italian Dunkers with Marinara Sauce 🌱 B. Cheeseburger C. Taco Salad Green Beans ✓	A. Super Nachos B. Grilled Chicken Sandwich C. Sub Sandwich Refried Beans ✓ Cinnamon Breadstick	A. Tator Tot Hot Dish 😊 B. Hot Dog C. Oriental Salad Breadsticks Peas ✓ Fresh Baked Sugar Cookie	A. Pizza 🌱 B. Baked Breaded Fish Sandwich C. Ham & Cheese Sandwich Steamed Carrots ✓

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

The USDA is an equal opportunity employer and provider.

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 SELECTIONS



September selection: Cantaloupe and Watermelon

Find out the nutritional benefits of Cantaloupe and Watermelon 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

Chef Day Bow Tie Shrimp Alfredo

On September 22nd, our Chef sautés tender shrimp with celery and onions, then tosses it with creamy alfredo sauce and bow tie pasta.

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 or pay cash to choose this entrée.

Mon	Tue	Wed	Thu	Fri
No School LABOR DAY 	1 A. Italian Dunkers with Marinara Sauce B. Cheeseburger C. Taco Salad Green Beans ✓	2 A. Super Nachos B. Grilled Chicken Sandwich C. Sub Sandwich Refried Beans ✓ Cinnamon Breadstick	3 A. Tator Tot Hot Dish B. Whole Grain Roll C. Hot Dog D. Oriental Salad Breadsticks Peas ✓ Fresh Baked Sugar Cookie	4 A. Pizza B. Baked Breaded Fish Sandwich C. Ham & Cheese Sandwich Steamed Carrots ✓
5 A. Homestyle Cavatini B. Breadstick C. Baked Crispy or Spicy Chicken Sandwich D. Sub Sandwich Peas ✓	6 A. Sloppy Joe B. Pizza Hut Pizza C. Turkey & Cheese Sandwich BBQ Beans ✓ 	7 A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich C. Sub Sandwich Golden Corn ✓	8 A. Golden Macaroni & Cheese B. Mini Corn Dogs C. Crispy Chicken Salad Breadsticks Green Beans ✓ Fresh Baked Chocolate	9 A. Breaded Pork Patty B. Baked Chicken Nuggets C. Chef Salad Breadsticks Mashed Potatoes & Gravy Fresh Baked Carnival
10 A. Cheeseburger B. Homestyle Chicken Stew over Biscuit C. Sub Sandwich Mixed Vegetables ✓	11 A. Orange Chicken B. Whole Grain Rice C. BBQ Rib Sandwich D. Oriental Salad Breadsticks Steamed Carrots ✓ Vanilla Pudding	12 NEW! A. Homestyle Goulash B. Grilled Chicken Sandwich C. Sub Sandwich Green Beans ✓	13 A. Hot Dog B. Hot Pepperoni Sub C. Fajita Salad Fresh Melon Baked Beans ✓ Fresh Baked Sugar Cookie 	14 A. Pizza B. Toasted Cheese Sandwich with Tomato Soup C. Combo Sandwich Golden Corn ✓
15 A. Fajita B. Corn Dog C. Sub Sandwich Refried Beans ✓ 	16 A. Beef & Bean Burrito B. Pizza Hut Pizza C. Ham & Cheese Sandwich Steamed Carrots ✓ 	17 A. Homestyle Chicken & Noodles (over Mashed Potatoes) B. Breaded Beef Fingers C. Sub Sandwich Mashed Potatoes & Gravy	18 A. Spaghetti with Meat Sauce B. Baked Crispy or Spicy Chicken Sandwich C. Chef Salad Breadsticks Peas ✓ Gelatin Dessert	19 A. Homestyle Beef Stroganoff B. Baked Chicken Nuggets C. Oriental Salad Breadsticks Green Beans ✓ Frosted Cinnamon Roll
20 A. Homestyle Ham & Pasta Hotdish B. Cheeseburger C. Sub Sandwich Baked French Fries ✓	21 A. Super Nachos B. Baked Chicken Nuggets C. Crispy Chicken Salad Golden Corn ✓ Cinnamon Breadstick	22 Applications for Free and Reduced Price meals are available in the school office. Menus Subject to change without notice.	23 Menu Notes: All Breads Served are Whole Grain Rich Homestyle/Scratch Vegetarian Non-Grain Fiber	

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

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