



Be Safe, Be Respectful, Be Responsible

November 2017

Hello YMS Parent(s)!

What a fantastic first quarter we had at YMS. Students were challenged by their teachers to be creative, collaborate with each other and to think critically. Teachers at YMS are constantly pushing students to grow. They expect great things from your child and they are happy to be the driving force that pushes them to succeed.

The last week in October was Red Ribbon week at YMS. Red Ribbon week was started by parents in response to the murder of DEA agent Enrique Camarena. The parents wore Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs and alcohol in America. Here are some suggestions for parents of middle school kids from the Partnership for Drug Free-Kids.

- Make it very clear that you do not want them to use alcohol, tobacco, marijuana or other drugs.
- Find out if they really understand the consequences of alcohol, tobacco and other drug use.
- Get to know their friends by taking them to and from after-school activities, games, the library, and movies. Check in with his/her friends' parents often to make sure you share the same anti-drug stance.
- Be sure you know your child's online friends – as well as their other online activities such as websites they visit, with whom they email, chat and instant message, his/her Facebook page, and with whom they text message.
- Volunteer for activities where you can observe them at school.
- Get your kids involved with adult-supervised after-school activities.
- Make it easy for your child to leave a situation where alcohol, tobacco, or other drugs are being used.
- Call kids' parents if their home is to be used for a party; get assurance that no alcoholic beverages or illegal substances will be at the party.
- Set curfews and enforce them.
- Encourage open dialogue with your children about their experiences.

At YMS we are continuously working on changing student mindsets. *A mindset according to Dr. Carol Dweck is a self-perception or "self-theory" that people hold about themselves. Believing that you are either "intelligent" or "unintelligent" is a simple example of a mindset.*

Here are some examples:

Students with a fixed mindset believe that they are born with basic abilities, intelligence and talents and they can't change that. Their goal is to look smart and never look dumb.

Students with a growth mindset believe that their talents and abilities can be developed through effort, good teaching and persistence. They believe everyone can get smarter if they work at it. They are not afraid to fail and therefore don't mind not knowing the answer.

Students with a fixed mindset fear failure and are less likely to take risks.

Students with a growth mindset value the challenges of taking a risk and know that they will learn from their failure and improve.

Here are some strategies you can use at home to help your child change from a fixed to a growth mindset.

1. Have a daily learning discussion. Ask your student “What did you learn today?” “What did you try hard at today?”
1. DO praise the process DON’T praise ability. Instead of saying “you are so smart” “you are good at playing the piano” say “You really work hard on your Math” “Your many hours of practice on the piano are paying off.”
3. Explain to kids that their brain is never done growing. Remind them they can always learn and improve throughout their life.
4. Let your kids fail. It is OK to fail. It is NOT OK to give up. When students fail ask them “How can you get better next time?” “What did you learn from your mistake?” Then as students finally succeed praise their persistence.
5. Encourage positive talk in your home. Stop the use of the words “I can’t” and instead remind people in your house to say “I can’t, yet.”

We are going to have a fantastic second quarter at YMS. Teachers and staff are here for your student(s). We are going to continue to push them to grow and be better students and young men and women. Thank you for your help as we work together to make the years at YMS some of the best years in their academic life.

Kenny Loosvelt
YMS Principal

HEALTHY HABITS

Although the use of social media has numerous benefits, social media also has the potential to negatively affect the mental well-being of children and adolescents. Keep the suggestions below in mind as you monitor your family’s use of social media:

Face-to-Face time is key to youth mental health. While social media can provide a sense of support and belonging and strengthen existing friendships, it isn’t a replacement for “real life” social experiences.

Encourage youth to get involved. Finding an interest, hobby, volunteer project or enjoyable activity to engage in not only can open doors for more face-face interaction, but can also help build self-esteem and confidence.

Create “Screen Free” Time. Set aside meal times, car rides or other times of the day to connect without screens.

Lights Off, Screens Off. Sleep deprivation greatly impacts young people’s mental health. Make sure kids/teens unplug before bed.

Set a good example as adults. It’s up to parents to set a good example of what healthy “device” usage looks like. Be “fully present” when interacting and communicating with youth. Kids need to see our faces, not our heads bent over screens.

Middle Years

Working Together for School Success



Short Stops

Which language?

Is your child taking a foreign language now or thinking about taking one? Suggest that she weave a new language into her leisure time. She could watch a televised soccer game in Italian, set an online account or her phone to Spanish, or listen to music in French. She'll pick up new words—and be motivated to continue learning.

"What I do well..."

Focusing on your tween's strengths will help him see himself as capable. Point out what he's good at ("The characters you invent in your stories really come to life"). Then, encourage him to develop talents by stretching his skills. For instance, he might try his hand at writing a science fiction story or enter a writing contest.

Hygiene habits

Middle school is a good time for you and your children to evaluate their hygiene routines. At this age, they'll start to sweat more, so they'll need to work harder to keep their skin clean. Introduce habits like washing their faces morning and night and using deodorant daily.

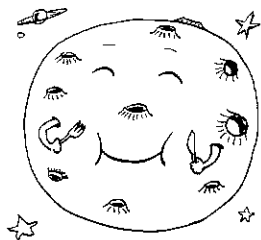
Worth quoting

"A good head and a good heart are always a formidable combination."
Nelson Mandela

Just for fun

Q: How do you know when the moon has had enough to eat?

A: When it's full.



Respect all around

Being respectful will make your middle schooler's relationships better at school and at home. Here are ways he can show respect for himself, other people, and the world around him.

Respecting himself

Tweens with self-respect are more likely to stick to their values and say no to risky behaviors. Teach your child to check in with himself *before* he makes decisions. Say a friend invites him to a party where parents won't be home. He could think about what might go on there and say, "Thanks, but that's not for me."

Respecting others

Explain that showing respect will make it easier for your tween to get along with adults and peers—and help him earn their respect, too. He can do that by treating people as he wishes to be treated. For instance, he should eat snacks in the kitchen at a friend's house if that's the family's policy (even if he eats in the living room at your house). Also, he'll respect classmates by doing what he



says he will, such as completing his part of a project he's doing with a partner.

Respecting the environment

Encourage your middle grader to adopt the motto, "Leave a place better than you found it." To put that into practice, he might throw away trash that he sees in your neighborhood or at a park. Conserving resources is another way to respect nature. He can turn lights off when he leaves a room and shut water off while brushing his teeth. 🍷

Help wanted

When your child is stumped about a concept or a homework problem, teachers want to help. Plus, asking for assistance shows that your tween cares about her work. Encourage her to seek help confidently with these tips.

■ **When to get help:** Her question may have an easy-to-find answer. Suggest that she check her textbook and notes or call a classmate. If that doesn't work, she should approach her teacher.

■ **How to ask:** Your child might wait until the teacher is free and say, "I'm having trouble with my essay thesis. Can you help me?" Or if the question pops up after school, she could email, "I don't understand why I got this algebra problem wrong. When is a good time to stop by?" 🍷



STEM at home

You don't have to be a scientist to foster a love of STEM in your middle grader. Share these quick-hit ideas for exploring STEM at home.

Science. Play with sound by turning a straw into a musical instrument. Let your child experiment with ways to create vibrations—and thus produce noise. For instance, she can make a “flute” by poking holes in a straw, or an “oboe” by flattening one end of a straw and cutting it into a point.

Technology. Make a stop-motion movie. Suggest that your tween snap a series of photos of an object, moving the item



slightly each time. Then, she could upload and string the photos together to create the illusion that the object is moving.

Engineering. Piece together a “marble trampoline” with household items. Have your child come up with different materials to use for a ramp and a

“bouncy” target. The goal? For her to send a marble down the chute so it bounces off the “trampoline.”

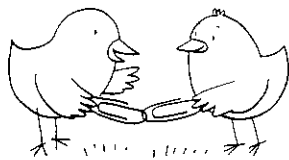
Math. How would an object look if it were suddenly much larger or smaller? Ask your middle grader to measure an eraser or a sneaker. Then, using graph paper and what she's learning about ratio and proportion, she can draw the same item scaled up or down by 1, 5, or 10 times. 🍌

Conversation games

Being able to carry on a conversation will help your tween in everything from participating in class to hanging out with friends. Have fun practicing together with these games.

Link by link

Show your middle grader how conversation connects people. Choose a topic (movies, holidays), and set out one paper clip. Go in a circle, and let each player speak. For each related comment, follow-up question, or answer, add a paper clip to the chain. When the chain reaches 20 links, switch topics and play again.



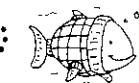
Freeze chat

Teach your child to speak on his feet. Have two people stand, set a timer for two minutes, and call out a random question (“What's better, snow or sun?”). The players go back and forth discussing the answer. When the timer rings, whoever is talking freezes, and another player takes his place. Ask a new question, and the game continues. 🍌

OUR PURPOSE

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

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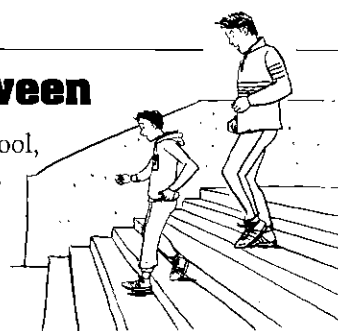
Parent to Parent

A self-conscious tween

During the first few weeks of school, my son Sam forgot his gym uniform several times. When I casually mentioned it, Sam got a little touchy, but ended up saying he looks “stupid” in it since he's skinnier than the other boys.

I told Sam that I felt self-conscious at his age, too. I was shorter than my friends and not very coordinated. Exercising made me feel better about myself. I thought it could help him, too. Since I run on the weekends, I invited him to join me. During our cool-down, I pointed out that everyone develops at different rates. I eventually grew taller, and I told him his body would grow and change, too. Regardless, I let him know that what matters most is the awesome person on the inside.

Sam hasn't forgotten his gym clothes lately. I'm taking that as a sign he's feeling a little more secure. 🍌



Q & A

Conferences: A good choice

Q Now that my oldest child is in middle school, do I really need to go to her parent-teacher conference?

A It's a good idea to attend parent-teacher conferences regardless of your student's age. Going to them sends her a clear signal that you're interested in her education.

Knowing that you're paying attention can inspire her to give her best effort. Plus, teachers will share helpful

insights about your child, from her work habits to her social life.

Before you go, see if your tween wants you to bring up specific topics. Also, look over her graded papers. That way, you'll pinpoint anything you want to discuss, such as the math she's working on or her progress in English.

Finally, consider any changes at home that her teachers should know about (a military deployment or a change in marital status, for example). 🍌





Veterans Day Celebration Friday, November 10

We will be honoring our veterans with a special program on Friday, November 10, at 9:30 a.m. in the high school theater. The program will include presenting the flag, singing the national anthem, reciting the pledge of allegiance, singing patriotic songs, and honoring the men and women who have served in the armed forces. We hope you're able to attend our Veterans Day assembly, and we thank you for your service!

YMS

Food Drive



Thank you to all those who donated to our annual **CANNED FOOD DRIVE**.

Items were collected and delivered to the Blue Valley Community Action Center on Wednesday, November 1. We appreciate your contributions!



CHANGE OF WEATHER

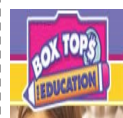
As we move into the fall and winter months the days begin to get colder. Sometimes middle school students feel they are invincible and don't need to wear a coat.

Please take time to address this issue with your child. On days when we are not having precipitation or it is not extremely cold we will continue to go outside over lunch time.

When your child is going to be absent . . .



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



Box Tops for Education

Clip Box Tops and earn cash for our school every time you shop for groceries!

Clip Box Tops from hundreds of your favorite products. Each Box Top is worth 10 cents for our school and that adds up fast. Making a difference has never been easier.



peachjar eflyers

York Public Schools delivers school information and approved flyers from community organizations electronically through PEACHJAR.

These school-approved eflyers are emailed directly to you. Additionally you can view eflyers by clicking the Peachjar button on your school's website homepage. This system is used exclusively for distribution of school-approved flyers. Your email address will not be shared or used for any other purpose.

If we have your email address on file, then no action is required on your part. If your child has moved to a new school in the district, you will receive eflyers from the new school. If you have not provided your email address, please do so to avoid missing important information.

Thank you!

It's not too late for flu shots.

There are several places in York that offer walk-in clinics (no appointment necessary) to get your flu shots for minimal cost or some will bill to your insurance depending on your coverage. Consider having your school age child immunized this year.

The flu shot or Influenza vaccine protects you from a virus that causes symptoms like chills, fever, runny nose, sore throat, muscle pains, headache (often severe), coughing, weakness/ fatigue and general discomfort. The flu shot does not keep you from getting the nausea, vomiting or diarrhea type "flu" also seen in these fall/winter/spring months. Keep in mind that the flu shot takes about 2 weeks before it is working in your body to provide protection. Influenza season may start as early as October and last as late as May with the peak usually in January and February. Your student should stay home from school with a temperature of 100 F or above.

These are some options in York for the flu shot.

Call to see when their walk-in clinics are or if you need an appointment.

Many insurances cover the cost of the shot. Depending on your circumstance you may be eligible for a free or low cost shot.

Home Care Plus/York County Immunization Clinic

402-362-2566

Urgent Care

402-745-6279

Walgreen's

402-362-1280

Walmart

402-362-2092

York Medical Clinic

402-362-5555





The American Psychological Association (APA) released its Stress in America™ report highlighting the stress experienced by American youth (teens ages 13-17) stating "high stress and ineffective coping mechanisms appear to be ingrained in our culture". Since the survey has begun, it has continued to find that American adults report higher stress levels than what they believe to be healthy. For example, recent results indicated that adults report that stress impacts their physical health (30 percent) and mental health (33 percent). This report, continues to drive home one important message, "we need to improve our health system to equally address both physical and mental health".

Suggestions for coping with stress for your student

Get some sleep Between homework, activities and hanging with friends, it can be hard to get enough sleep, especially during the school week. Ideally, adolescents should get nine hours a night. To maximize your chance of sleeping soundly, cut back on watching TV or engaging in a lot of screen time in the late evening hours. Don't drink caffeine late in the day and try not to do stimulating activities too close to bedtime.

Focus on your strengths Spend some time really thinking about the things you're good at, and find ways to do more of those things. If you're a math ace, you might tutor a younger neighbor who's having trouble with the subject. If you are a spiritual person, you might volunteer at your church. If you're artistic, take a photography class. Focusing on your strengths will help you keep your stresses in perspective.

Engage in physical activity Physical activity is one of the most effective stress busters. That doesn't mean you have to go for a jog if you hate running. Find activities you enjoy and build them into your routine such as yoga, hiking, biking, skateboarding or walking. The best types of physical activities are those that have a social component. Whether you're into team sports, or prefer kayaking or rollerblading with a friend or two, you're more likely to have fun — and keep at it — if you're being active with friends.

Do things that make you happy Besides physical activities, find other hobbies or activities that bring you joy. That might be listening to music, going to the movies or drawing. Make a point to keep doing these things even when you're stressed and busy.

Talk to someone It's so much easier to manage stress when you let others lend a hand. Talk to a parent, teacher or other trusted adult. They may be able to help you find new ways to manage stress. Or they may help put you in touch with a psychologist who is trained in helping people make healthy choices and manage stress.



In case of a weather emergency, we will follow the same procedure that has been in practice in the past years. That procedure is as follows:

1. Radio Station KOOL (103.5 FM 1370 AM), and KTMX-FM (104.9) will again serve as our primary source for dispensing "school closing information". They are 24 hour stations.
2. If severe weather necessitates an early dismissal, a school cancellation, or information concerning school buses, it will be broadcast on KOOL and KTMX.
3. Bus drivers are instructed to use good judgment in determining whether a road is passable. The Transportation Department will notify parents where children can be loaded if a specific road cannot be traveled. Buses will travel the regular routes and maintain a time schedule consistent with the conditions of the roads.
4. "Duke Alerts/Emergency Messages" will be sent to our student's parents and guardians who have an email or cell phone number listed in Infinite Campus, and the YPS Staff. Information will be posted on our website at www.yorkpublic.org, on our Facebook page at York Public Schools and on Twitter at @YorkDukePower (#yorkdukes). Parents and Guardians – please be sure to provide the school secretaries with your current email address and cell phone number in order to be notified!!

FILE: EBBDA POLICY ON SCHOOL DISMISSAL FOR INCLEMENT WEATHER

The York Public Schools will be closed, when in the determination of the Superintendent of Schools or his/her designee, the weather conditions constitute a hazard for students going to or from school.

When regular morning school bus routes cannot be run due to road conditions, yet travel in town is not seriously hampered, school may remain open. When possible a "limited service" bus route shall be run anytime school remains open and it is not possible to run regular routes.

The starting time of the morning session may be delayed when necessary.

When, during the school day and while school is in session, it is necessary to send bus pupils home early, school may be dismissed for all students.

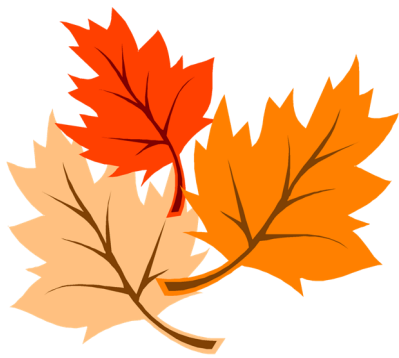


ADMINISTRATIVE PROCEDURES ON SCHOOL DISMISSAL FOR INCLEMENT WEATHER

When school is not held or is dismissed early due to poor weather conditions, notification will be placed on the York radio station and any other such means as the superintendent may deem necessary and feasible.

When it is necessary to dismiss school due to inclement weather after the school day has started, all students should be accounted for in their homeroom by their homeroom teachers. Bus students should be dismissed first. Teachers shall be responsible for their assigned students. Before dismissing elementary town students, the teachers shall not let any student who has been transported to school go home without contacting their parents, unless they are sure other arrangements have been made. Students who have walked to school may be allowed to walk home if the teacher feels the weather does not present a hazard. Teachers will be dismissed when all of their students have been accounted for.





November

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1 2:00 Dismissal Deliver the Canned Food Drive items G	2 6th grade D.A.R.E. Graduation 7:00 pm @ YMS B	3 G	4 Duke Hoops @ YMS 9:30-11:30
5  Daylight Savings Time Ends FFA Harvest Moon Celebration 5:30 pm @ Holthus Convention Center	6 7 & 8 WR - YMS Invite w/Crete, Fairbury, Fillmore Ctrl., Hastings - 4:00 pm B	7 7 & 8 GBB - Home vs Hastings St. Cecilia (7 @ YES 8 @ YMS) 4:30 pm G	8 2:00 Dismissal B	9 7 & 8 WR - Home Tri w/Crete MS, Schuyler - 4:30 pm G	10  Veteran's Day Observance at YHS @ 9:30 am B	11 Duke Hoops @ YMS 9:30-11:30
12	13 8 GBB @ G.I. Westridge - 4:15 pm Board of Education Mtg. G	14 7 & 8 WR @ Aurora Tri w/ G.I. Westridge - 4:30 pm B	15 2:00 Dismissal G	16 7 GBB @ Hastings MS - 4:00 pm B	17  School Picture Re-takes G	18 Duke Hoops @ YMS 9:30-11:30 7 & 8 GBB - York Hoopla Tournament w/Central City, Crete MS, Columbus Lakeview @ YHS 10:00 am
19	20 8 GBB - Home vs Crete MS @ YMS 4:30 pm 7 GBB @ Crete MS - 4:30 pm B	21 7 & 8 WR @ Fillmore Central Tournament (Fillmore H/S) 4:30 pm G	22	23  NO SCHOOL - Thanksgiving Break	24	25
26	27 Board of Education Mtg. B	28 7 GBB - Home vs GINW @ YMS 4:30 pm 8 GBB @ GINW 4:30 pm G	29 2:00 Dismissal B	30 8 GBB @ Aurora H/S 4:30 pm 7 GBB - Home vs Aurora @ YMS 4:30pm 7 & 8 WR - Home Dual vs Seward @ 4:30 pm G		



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	\$1.45
Adult Breakfast	\$2.15
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 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	2 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	3 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
6 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	7 A. Iced Long John B. Cereal Choices and Toast Mixed Fruit Juice Choices	8 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	9 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches	10 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
13 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Pineapple	14 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Applesauce	15 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Fresh Orange	16 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Mixed Fruit	17 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears
20 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	21 A. Oatmeal with Topping Bar B. Cereal Choices and Toast Juice Choices Apple Wedges	22 No School - Thanksgiving Break	23	24 
27 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	28 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	29 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit	30 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	

Questions or comments - Contact Mitch Novak, Foodservice Director at 402-363-9169 or m.novak@lunchtimesolutions.com
Applications for Free and Reduced price meal are available in all building offices.

This institution is an equal opportunity provider and employer.

Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.



Each student is required to have 1/2 cup of fruits or vegetables on their tray.

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 Daily Entrée Choices :

C. Sub/Salad/Sandwich Entrées

M-W Sub Sandwich Choice

T-Th Entree Salad Choice

F Sandwich Choice

Choices vary. See menu board for details.

D. Deli Wrap Entrées

M	Combo Deli
T	Fajita Chicken
W	Turkey Deli
Th	Ham Deli
F	Grilled Chicken

E. Vegetarian Entrées

M-W Vegetarian Salad
T-Th-F Fruit, Yogurt
& Cheese Plate
include breadsticks
M-F Uncrustable,
String Cheese,
Goldfish Crackers

Lunch Meal Prices & Extras

MS Lunch	\$2.85	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Side	\$0.50
Adult Lunch	\$3.55	Extra Milk	\$0.45

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

Questions or comments:

Contact: Mitch Novak, Foodservice Director at
(402) 363-9169 or m.novak@lunchtimesolutions.com

Mon	Tue	Wed	Thu	Fri
		1 A. Breaded Beef Patty and Dinner Roll B. Chicken Nuggets and Dinner Roll Mashed Potatoes and Gravy	2 A. Home-style Chicken Ranch Pasta and Dinner Roll B. Mini Corn Dogs Green Beans Sugar Cookie	3 A Soft Shell Taco B Hot Ham and Cheese Sandwich Chili Lime Corn Carnival Cookie
6 A. Home-style Chicken Stew over Fresh Baked Biscuit B. Hot Dog Baked French Fries	7 A. Mexi Tots with Dinner Roll B. Pizza Golden Corn	8 A. Cheesy Ham Baked Potato with Dinner Roll B. Grilled Chicken Sandwich Mixed Vegetables	9 A. Home-style Beef Goulash and Garlic Breadstick B. BBQ Rib Sandwich Green Beans Sugar Cookie	10 A. Home-style Tuna And Noodles B. Cheeseburger Baked Beans Chocolate Chip Cookie
13 A. Chicken Fajitas B. Corn Dog Refried Beans	14 A. Beef & Bean Burrito B. Pizza Hut Pizza Steamed Carrots 	15 A. Roasted Turkey Slice and Dinner Roll B. Baked Beef Fingers & Dinner Roll Mashed Potatoes with Gravy Butternut Squash Bake Holiday Cookie 	16 A. Spaghetti with Meat Sauce B. Crispy Chicken B. Spicy Chicken Sandwich Peas Chocolate Chip Cookie	17 A. Home-style Beef Chili with Crackers & Dinner Roll B. Chicken Nuggets & Dinner Roll Green Beans Dinner Roll 
20 A. Home-style Chicken And Noodles B. Cheeseburger Green Beans	21 A. Cuban Hot Dog B. Pizza BBQ Beans	22 No School - Thanksgiving Break		24 
27 A. Sloppy Joe B. Pancakes and Sausage Links Potato Triangle	28 A. Hot Ham and Cheese Sandwich B Pizza Hut Pizza Golden Corn 	29 A. Home-style Cheese Quesadilla & Beef Enchilada Soup B. Crispy Chicken B. Spicy Chicken Sandwich Zesty Black Beans	30 A. Home-style Cavatini B. Mini Corn Dogs Green Beans Sugar Cookie	28

This institution is an equal opportunity employer and provider.