



Kenny Loosvelt

Volume 12

PRINCIPAL

Number 2

Be Safe, Be Respectful, Be Responsible

October 2017

Hello YMS Parent(s)!

It has been a fantastic start to the new school year. We have a group of adults at YMS who are dedicated to helping your student(s) succeed. I am continually blown away by the commitment and dedication that our staff gives to their students. This is a great school district and I believe we have the best middle school in the state!

Students have been very busy this first part of the year. In the classroom I see students creating, collaborating, and critically thinking. Many students are involved in activities such as Circle of Friends, T.A.I.P, FFA, FCA, TeamMates, Student Senate, Band, Expressions, Cross Country, Volleyball, Football just to name a few! Parents, please continue to encourage your child to become active at YMS. Students who are involved in an activity feel a connection to the school and in turn, their learning improves.

Our ICU system at YMS is in full effect and what we are seeing is certainly positive. The philosophy at YMS is "The punishment for not doing your work is...you are **going** to do your work." Parents will be notified if your student has not completed an assignment satisfactorily by the teacher through the ICU database. Our job as educators is to make sure every student is doing every assignment and also provide support or time for students to complete their work. ICU allows teachers and parents to work together to ensure assignments are completed.

Here are a few guidelines for the ICU philosophy:

- ICU provides extra time and extra help doesn't allow students to fail and expects all students to complete all assignments.
- ICU develops a culture of learning in which teachers take responsibility for student learning and students returning to active engagement in school.
- ICU teaches students responsibility by not "letting them off the hook" and allowing a zero in the grade book.

Thank you for your support with our ICU process and for helping us partner together to ensure your child(ren) is getting the best education possible.

Have you heard your student talking about MAP's testing? What is MAP's testing? MAP is Measure of Academic Progress which is a state aligned computer adaptive assessment test. Once teachers receive students MAP's scores they are provided with information that can develop targeted instruction and improve teaching and learning in the classroom. Basically, teachers have a better idea of where each student "is" and "where they need to go". These scores will be shared and discussed with you at Parent-Teacher Conferences.

Speaking of PTC. Thank you for your attendance at conferences and talking with teachers about how your student(s) are doing so far this school year. Conferences were September 27-29. If you missed conferences for any reason please feel free to schedule a time to meet with your child's teachers by calling the school at 362-6655. Kids and teens do better in school when parents are involved in their academic lives. Attending parent-teacher conferences is a way to be involved and help your child succeed.

Thank you for working with your student to make sure they are not only getting their school work finished but also getting enough sleep, food, and love so that together we can make the 6th, 7th, and 8th-grade years some of the best years of their life. Go Dukes!

Kenny Loosvelt
YMS Principal

Middle Years

Working Together for School Success



Short Stops

In the loop

You can stay involved in your tween's education from inside your own home. How? Make what's happening at school a regular topic of conversation. Visit the school website often, and check emails from teachers and the school district. Bring up subjects mentioned, such as school assemblies, or comment on photos that are posted.

DID YOU KNOW?

Having good posture in class will help your middle schooler concentrate. Plus, it puts less strain on his back and lets him breathe better—increasing blood flow to his brain. He could practice while doing homework. Encourage him to sit up straight with his back touching the chair and his knees bent at a right angle.

Fun historical facts

Want to spark your middle grader's interest in history? She could look in library books or online to find unusual stories about the people she studies. *Example:* Before the Civil War, Harriet Tubman once escaped capture by pretending to chase a flock of chickens.

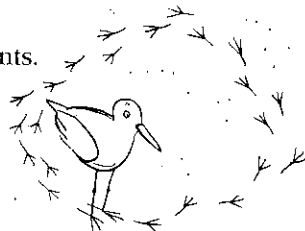
Worth quoting

"Reach high, for stars lie hidden in your soul." *Pamela Vaull Starr*

Just for fun

Q: "The more of me you make, the more of me you leave behind. What am I?"

A: Footprints.



Tween push-and-pull

Your middle grader lets you into her world one minute, then seems to put up a "Keep Out" sign the next. She needs you—but at the same time, she's pushing away to figure out who she is and to become more independent. Try these ideas for handling classic "now I need you, now I don't" tween behavior.

Challenge: Your child no longer tells you all about her life.

Solution: Instead of pressing her for information, wait until she's in the mood to chat. If she opens up as you're heading to bed, consider staying up longer. Then, listen closely instead of immediately offering your opinion or ways to fix problems.

Challenge: Your tween spends more time with friends and less time with family.

Solution: It's normal for her to want to be with friends. To encourage family time, look for opportunities that appeal to her. Maybe you'll have breakfast together on weekdays or let her do your nails after she does hers.



Challenge: Your middle grader is embarrassed by whatever you do.

Solution: At this age, children want to fit in and are sensitive to what their peers think. Try not to take it personally, and remember that she'll outgrow it. In the meantime, notice what embarrasses your tween, and work around it if possible. For instance, if she doesn't like you hugging her good-bye in front of others, you might say "Love you" and walk away. 🤝

Musical learning

Most tweens love listening to music! Use your child's interest to boost his learning.

1. Be a critic. Suggest that he write reviews of favorite songs. He could bring songs to life with *similes*, or figures of speech that compare two things in an interesting way. *Example:* "The upbeat tempo is as thrilling as a roller coaster ride."

2. Think like a songwriter. Picking out the main message in the lyrics—the *theme*—will give your middle grader practice with a key reading skill. What message does the songwriter want to share? Invite your tween to search for songs with similar themes.

3. Find the math. Ask your child to choose a popular song. Can he detect a *pattern* in the lyrics (verse, chorus, verse) or the rhythm (say, the drumbeat)? How many times does the pattern repeat? 🤝



Stellar study techniques

Regularly reviewing textbooks and class notes helps information sink in and prepares your tween for tests without last-minute stress. Here are interesting ways he can study.

Poster perfect

Suggest that your middle grader summarize a chapter's most important points on poster board or construction paper. Perhaps he'll model the lunar cycle for science or outline events in the Peloponnesian War for social studies.



Then, he could add graphics to illustrate the information. Using both words *and* drawings is a great way to cement information in his brain. *Tip:* He might hang finished posters on a wall for easy review.

Game show

Have your child and his study buddies write review questions on separate slips of paper and put them in a bowl. A "host" can draw and ask questions. Players "buzz in" to answer

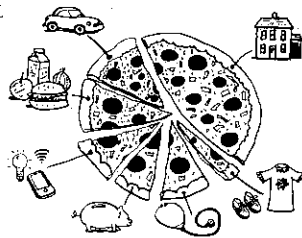
by tapping the table. If the first person answers correctly, he earns a point. If not, the other players buzz in again. (*Note:* The host should consult the textbook or study guide to check answers.) Give everyone a turn as host, using a new set of questions each round. 🍷

Parent to Parent

Financial sense

My 13-year-old, Alice, complained that she wanted the same clothes her friends have. But they're too expensive, and I wanted her to understand how we make financial decisions.

I had Alice draw a circle and told her to imagine it was a pizza. Then, I asked her to divide it into slices to represent our budget. I explained that about $\frac{1}{3}$ of our money goes to rent and almost $\frac{1}{5}$ is for car expenses.



After Alice finished dividing up the pizza, she was surprised by how little was left for clothing. She realized that to spend more on clothes, she'd have to take something from another slice—and there really wasn't anyplace to do that.

Alice still wishes she could buy more clothes, but now she understands the reason. I hope this lesson helps when she has to manage her own money "pizza" someday. 🍷

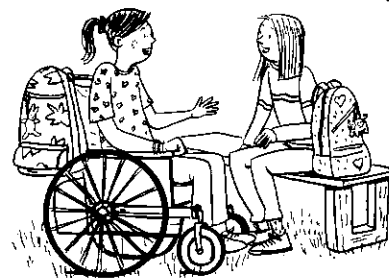
OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.
Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
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Living in a diverse world

In school, in college, or on the job, your child will meet and work with people of various backgrounds and abilities. Share these strategies for embracing diversity:

- Point out that cultural differences make life more interesting. A classmate from another heritage might invite her to participate in a tradition with her family or introduce her to foods that taste and smell different. Then, have your tween do the same to share her background.
- Encourage your middle grader to connect with classmates who speak other languages. She can ask them to teach her words and phrases and then try using them in conversation.
- Let your tween know you expect her to show respect toward everyone. She could sit down to chat with a student in a wheelchair (rather than towering over the person). Also, she should smile and say hello when walking by people with disabilities—the same way she would with anyone else—rather than ignoring them. 🍷



Q & A Sticking with it

Q My son gets frustrated when schoolwork isn't easy for him. How could I motivate him to keep trying?

A It's important for your son to believe he can succeed when something is difficult.

First, have him think of a situation where he struggled and then made progress. Maybe he became a better Little League pitcher from one season to the next. Ask him what steps he took to accomplish that.

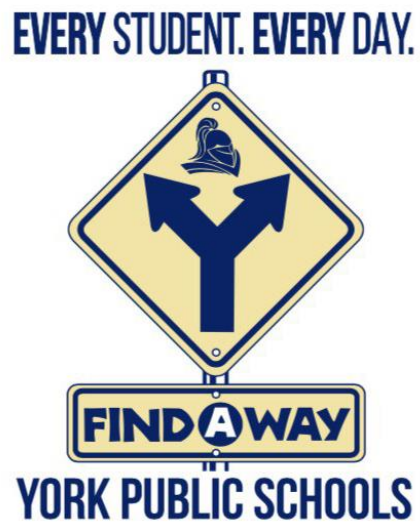


He might recall that a coach gave him feedback on his stance and that he practiced hard until he improved.

In the same way, he can overcome obstacles with schoolwork. To understand a tough science concept, he might ask his teacher for extra help and look up fun related experiments to try at home.

Finally, suggest phrases he could say to himself to stay motivated, such as, "I'll get this if I keep at it." 🍷

Come Join Us and Learn more about YPS



Thursday, October 5th from 9:00 AM – 10:00 AM

YPS will host a “Community Coffee” at the Senior Center at 9:00 AM on October 5th. Come join us for some award winning cinnamon rolls and updates from our students and staff on a variety of programs and projects throughout YPS. Bring a friend!

Wednesday, October 11th from 12:00 Noon – 1:00 PM

YPS will host a “Lunch and Learn” at the District Office on the east side of the YHS campus at 1715 N. Delaware Avenue at noon on October 11th. Come join us for a FREE lunch and updates from our students and staff on a variety of programs and projects throughout YPS. Please email mike.lucas@yorkdukes.org if you plan to attend so we know how many FREE lunches to prepare.

“Project PHIL-ANTHROPY”

(in honor of the late Phil Towle)

York Public Schools Foundation

September 2017 Update

Last year, the York Public Schools Foundation launched “Project Phil-Anthropy” to honor Phil Towle, who passed away in April 2016. Phil was a retired teacher, counselor, and coach. He also served on the YPS Board of Education. Nobody had more “Duke Pride” than Phil!

One of the many wonderful things Phil did was help those in need. He made a difference in the lives of so many York Duke students by providing them with basic items that they couldn’t always afford on their own. He often helped purchase school clothes, shoes, school supplies, prom tickets, activity passes, paid for haircuts, and lots of other items that are important to our young people.

We spent about \$6,000 during the 2016-17 school year on students in need. Items purchased included clothes, socks, shoes, food, and educational supplies. We have many students in need and continue to try to help as many of them as possible.

We have an annual fundraising goal of \$7,500. This would allow us to spend \$2,500 on students in each of our three school buildings and maintain a positive balance in this account so this program is sustainable for many years to come. We have students that come to school hungry each morning. We have students that would benefit from an afternoon snack before they go home. We will buy numerous jackets as the weather gets colder. There are many needs.

If you’re interested in being part of “Project Phil-Anthropy,” you can make out checks to the York Public Schools Foundation and mail them to York Public Schools at 1715 N. Delaware Avenue. Please put ATTN: “Project Phil-Anthropy” on the envelope and/or check.

All money collected will go into a fund that will purchase and provide items for students in need just like Phil would’ve done if he was still with us. A committee of school personnel and Foundation members will oversee the account and determine purchases.

Please feel free to contact any of the following YPS Foundation members with questions, comments, and/or concerns.

Dr. Pat Hotovy
Dale Kahla
Kent Rauert
Sally Ruben

Jean Vincent
Don Keelan-White
Amie Kopcho
Tom Brink

Lori Suddarth
Derek Dauel
Barb Skaden
Mike Lucas

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ART CONTEST for K-12th Graders will recognize winners in K-2nd, 3rd-5th, 6th-8th, and 9th-12th grade divisions. Artwork of your choice that simply revolves around the theme of “Nebraska” is due to the YPS District Office on the east side of the high school campus by 4:00 PM on October 25th. All entries will all be entered with the chance to win multiple prizes and recognition at a Board of Education meeting. Paintings, sculptures, drawings, etc. are all welcome. Just make your artwork about Nebraska and turn it in.

POETRY CONTEST for 3rd-12th Graders will recognize winners in 3rd-5th, 6th-8th, and 9th-12th grade divisions. Poems need to be about some aspect of Nebraska you want to write about. The style of poem you wish to submit is up to you. Share your “Nebraska Pride” as you write this poem that is due to the YPS District Office on the east side of the high school campus by 4:00 PM on October 25th. All entries will all be entered with the chance to win multiple prizes and recognition at a Board of Education meeting.

Mike Lucas
mike.lucas@yorkdukes.org
402-366-6491



Yorkfest Marching Competition Ratings

An Excellent (II) Rating and a “2nd place Class A” trophy at Yorkfest was a good beginning for our Middle School Band’s marching season. The band also enjoyed performing for this year’s Homecoming Parade in downtown York. Congratulations to our 7th and 8th grade marchers on a successful season!



Marching Band Highlights Concert

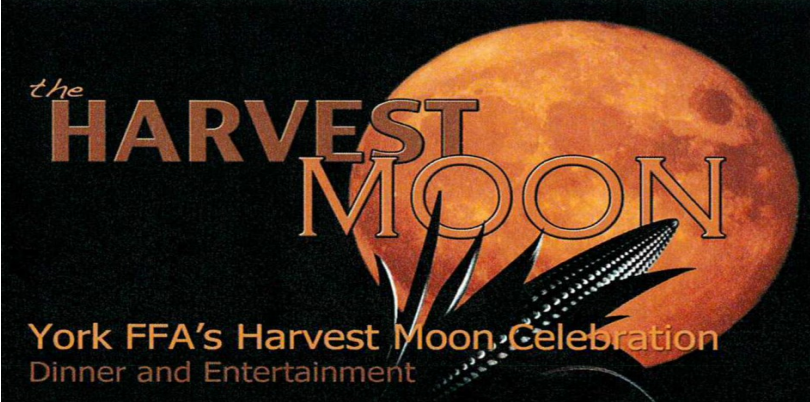
This year’s 6th grade band’s first performance, the 7th and 8th grade Marching Band and Drumline along with the Senior High Band, Drumline, and Flag Squad will all be featured at our “Marching Band Highlights Concert” on Thursday, October 26th in the High School Gymnasium at 7:00 p.m. You won’t want to miss the 6th grade band parents’ selection—we’ll find out how well the students are able to teach their parents. Please plan to come out and see all of York’s band members in action!



The first concert for the York Middle School ensembles is just around the corner. The concert will be on Monday, October 23 at 7:00 p.m. at the York High School Theater. This is a concert consisting of the middle school’s 6th grade choir, 7th & 8th grade choir and Expressions. Also performing at this concert will be the York High School Chamber Singers, Concert Choir and Dukes & Duchesses. Please mark your calendar! This will be a great opportunity for you to hear what the students have been working on throughout the first quarter. All choir students are required to be at this performance.

Mark your calendars here are the other important concert dates for 2017-2018

Monday, October 23 – 7:00 pm – YHS/YMS Fall Choir Concert
Tuesday, December 11 - 7:00 pm – YHS/YMS Christmas Choir Concert
Thursday & Friday, March 15 & 16 - 7:00 pm - YMS Musical
Tuesday, May 7 - 7:00 pm – YMS Talent Show

 <p><i>the</i> HARVEST MOON</p> <p>York FFA's Harvest Moon Celebration Dinner and Entertainment</p>	<p>November 5, 2017 5:30 PM Holthus Convention Center</p> <p>Special Entertainment Will Be Provided</p> <p>Silent Auction Labor Auction</p> <p>Proceeds help with: Live Animal Lab Greenhouse Chapter Fees & Activities Ag Ed Displays</p> <p>Order Tickets: 366-5231</p>
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KFC® Friends & Family Night



2nd Tuesday of the month September 2017 thru May 2018

5:00 p.m. – 8:00 p.m.

YHS Band Boosters will receive 10% of the net sales during those hours

Dates as follows: October 10, November 14, December 12, January 9,
February 13, March 13, April 10, and May 8

Expressions 2017 - 2018

Congratulations to the following students who auditioned and were selected for the Middle School Expressions. Elsa Dick, Melanie Driewer, Logan Ericson, Madison Flauta, Trinity Ford, Brynn Hirschfeld, Jamie Hoblyn, Baylie Holthus, Kylee Kling, Emma Lemburg, Ansley Maronde, Emma Nolan, Mattie Pohl, Shasta Tonniges, Trey Bukaske, Evan Fraser, Drew Hammer, Jon Portillo, Jackson Schmid and Issac Twohig.
Way to go students!

Congratulations to the YMS Student Senate Members

Clara Booth

Tatum Holthus

Ellie Peterson

Kassidy Stuckey

Trey Harms

Lily Nuss

Cole Schmid

Andrew Van Gomple

Melanie Driewer

Logan Ericson

Brynn Hirschfeld

Baylie Holthus

Lost and Found



Due to our over accumulation of clothing in the lost and found, items will be held for one week and then donated to a local charity at the end of the month. Students, please check the lost and found for clothing, shoes, lunch boxes etc.



YMS All-Stars

A safe place after school

YMS After School Clubs run from 3:15-5:30 p.m.

On Monday, Tuesday, and Thursday. On Wednesday's we have two club offerings. One from 2:00-3:15 p.m. and one from 3:15-5:30 p.m.

FOR ONLINE ENROLLMENT GO TO <http://yps21cclc.wixsite.com/21cclc>

Strep Throat

Strep throat is a bacterial infection that can make your throat feel sore and scratchy. Strep throat accounts for only a small portion of sore throats. If untreated, strep throat can cause complications, such as kidney inflammation or rheumatic fever. Rheumatic fever can lead to painful and inflamed joints, a specific type of rash or heart valve damage. If you or your child has signs or symptoms of strep throat, see your doctor for prompt testing and treatment.

Causes - The cause of strep throat is a bacterium that is highly contagious. It can spread through airborne droplets when someone with the infection coughs or sneezes, or through shared food or drinks. You can also pick up the bacteria from a doorknob or other surface and transfer them to your nose, mouth or eyes.

Symptoms - Strep throat usually causes throat pain and difficulty swallowing. Strep throat causes inflammation and red spots, caused by the infection.

Signs and symptoms of strep throat can include:

- Throat pain that usually comes on quickly
- Painful swallowing
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots on the area at the back of the roof of the mouth (soft or hard palate)
- Swollen, tender lymph nodes in your neck
- Fever
- Headache
- Rash
- Nausea or vomiting, especially in younger children
- Body aches

It's possible for you or your child to have many of these signs and symptoms but not have strep throat. The cause of these signs and symptoms could be a viral infection or some other illness. That's why your doctor generally tests specifically for strep throat.

When to see a doctor - Call your doctor if you or your child has any of these signs and symptoms:

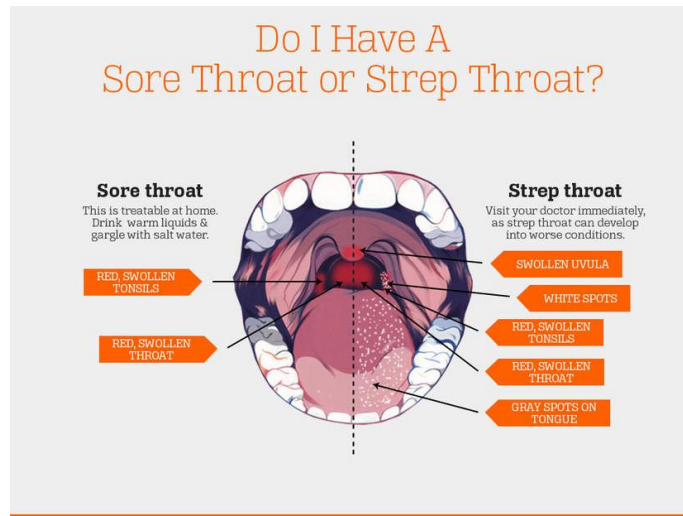
- A sore throat accompanied by tender, swollen lymph glands
- A sore throat that lasts longer than 48 hours
- A fever higher than 101 F (38.3 C) in older children, or fever lasting longer than 48 hours
- A sore throat accompanied by a rash
- Problems breathing or swallowing
- If strep has been diagnosed, a lack of improvement after taking antibiotics for 48 hours

Treatment

Antibiotics - If you or your child has strep throat, your doctor will likely prescribe an oral antibiotic. If taken within 48 hours of the onset of the illness, antibiotics reduce the duration and severity of symptoms, as well as the risk of complications and the likelihood that infection will spread to others. With treatment, you or your child should start feeling better in a day or two. Call your doctor if there's no improvement after taking antibiotics for 48 hours.

Children taking an antibiotic who feel well and don't have a fever often can return to school or child care when they're no longer contagious — usually 24 hours after beginning treatment. But be sure to finish all the medicine. Stopping early can lead to recurrences and serious complications, such as rheumatic fever or kidney inflammation.

Symptom relievers - To relieve throat pain and reduce fever, try over-the-counter pain relievers, such as ibuprofen (Advil, Motrin IB, others) or acetaminophen (Tylenol, others).



Tonsillitis

Swollen tonsils or tonsillitis is most often caused by common viruses, but bacterial infections can also be the cause. The most common bacterium causing tonsillitis is the bacterium that causes strep throat. Other strains of strep and other bacteria also may cause tonsillitis.

Prevention - The germs that cause viral and bacterial tonsillitis are contagious. Therefore, the best prevention is to practice good hygiene. Teach your child to:

- Wash his or her hands thoroughly and frequently, especially after using the toilet and before eating
- Avoid sharing food, drinking glasses, water bottles or utensils
- Replace his or her toothbrush after being diagnosed with tonsillitis
- To help your child prevent the spread of a bacterial or viral infection to others:
- Keep your child at home when he or she is ill
- Ask your doctor when it's all right for your child to return to school
- Teach your child to cough or sneeze into a tissue or, when necessary, into his or her elbow
- Teach your child to wash his or her hands after sneezing or coughing

Treatments and drugs - Whether tonsillitis is caused by a viral or bacterial infection, at-home care strategies can make your child more comfortable and promote better recovery. If a virus is the expected cause of tonsillitis, these strategies are the only treatment. Your doctor won't prescribe antibiotics. Your child will likely be better within seven to 10 days.

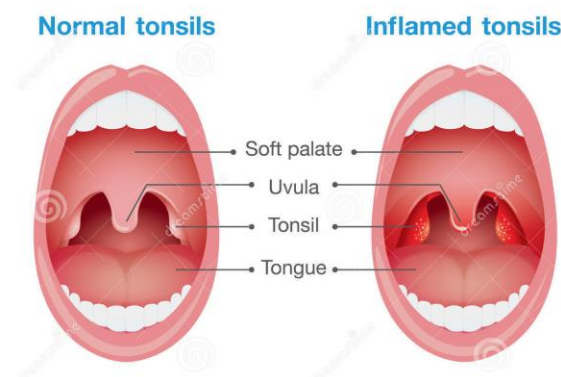
- Encourage rest. Encourage your child to get plenty of sleep.
- Provide adequate fluids. Give your child plenty of water to keep his or her throat moist and prevent dehydration.
- Provide comforting foods and beverage. Warm liquids — broth, caffeine-free tea or warm water with honey — and cold treats like ice pops can soothe a sore throat.
- Prepare a saltwater gargle. If your child can gargle, a saltwater gargle of 1 teaspoon (5 milliliters) of table salt to 8 ounces (237 milliliters) of warm water can help soothe a sore throat. Have your child gargle the solution and then spit it out.
- Humidify the air. Use a cool-air humidifier to eliminate dry air that may further irritate a sore throat, or sit with your child for several minutes in a steamy bathroom.
- Offer lozenges. Children older than age 4 can suck on lozenges to relieve a sore throat.
- Avoid irritants. Keep your home free from cigarette smoke and cleaning products that can irritate the throat.
- Treat pain and fever. Talk to your doctor about using ibuprofen (Advil, Children's Motrin, others) or acetaminophen (Tylenol, others) to minimize throat pain and control a fever. Low fevers without pain do not require treatment.

Antibiotics - If tonsillitis is caused by a bacterial infection, your doctor will prescribe a course of antibiotics. Your child must take the full course of antibiotics as prescribed even if the symptoms go away completely. Failure to take all of the medication as directed may result in the infection worsening or spreading to other parts of the body. Not completing the full course of antibiotics can, in particular, increase your child's risk of rheumatic fever and serious kidney inflammation. Talk to your doctor or pharmacist about what to do if you forget to give your child a dose.

Surgery - Surgery to remove tonsils (tonsillectomy) may be used to treat frequently recurring tonsillitis, chronic tonsillitis or bacterial tonsillitis that doesn't respond to antibiotic treatment. A tonsillectomy may also be performed if tonsillitis results in difficult-to-manage complications, such as:

- Obstructive sleep apnea
- Breathing difficulty
- Swallowing difficulty, especially meats and other chunky foods
- An abscess that doesn't improve with antibiotic treatment

Tonsillectomy is usually done as an outpatient procedure, unless your child is very young, has a complex medical condition or if complications arise during surgery. That means your child should be able to go home the day of the surgery. A complete recovery usually takes seven to 14 days.



MAKING AN ONLINE LUNCH PAYMENT THROUGH INFINITE CAMPUS

- Visit our website at www.yorkpublic.org
- Under “Parents” click on “Parent Portal” and log into your Infinite Campus Parent Portal
 - If you don’t have a parent portal account, contact your student’s school office and they will set up an account for you. If you have students in multiple schools, you do not need multiple portal accounts as all students should show up on your login screen. If not, let the office know and they will make a simple adjustment.
- Click on “Payments” in the left column
- Add the amount of money you’d like to deposit into your student’s account in the ‘payment’ box beside their name – minimum amount is \$5.00. Click “Continue” **Notice there is a convenience fee of \$2.00 per transaction for online payments. If you have multiple students in your family, you may add money to all of their accounts at the same time with one transaction.
- Choose the method of payment that you would like to use. Select “Add” if this is your first time using the online payment process. Add your payment method – **by using your checking or savings account instead of a credit or debit card, you will be helping YPS save money with no credit card fees**; click “Save” and then click “Back to Payments”
- Confirm that everything looks correct on the screen
- Click “Make Payment”
- Print a receipt if you would like
- Your student has lunch money!

Go to your Portal Account and click on Payments, you might need to select a payment to pay before you are allowed to set up your bank information. Then you will see this screen below. Click on Add

The image shows two screenshots from the Infinite Campus Parent Portal. The left screenshot shows the 'Payments' section with a sidebar menu on the left containing options like Messages, Discussions, Household Information, Family Members, Calendar, Fees, Payments, Food Service, To Do List, User Account, Contact Preferences, Access Log, and Notification Settings. The 'Payments' section displays 'Accepted Payment Methods' (VISA, M/C, DISCOVER, ACH) and a 'Total: \$7.00'. Below this, it says 'Select the payment method' with 'Add' and 'Edit' buttons. A message states 'There are no saved Payment Methods. Click Add to create a Payment Method.' The right screenshot is the 'Add Payment Method' form. It has two columns. The left column is 'Billing Information' with fields for Name (required), Address (required), City (required), State / Zip (required), and Country. The right column has fields for Nick Cardinal, P.O. Box 5555, Greeley, CO 80631, and UNITED STATES - US. Below these is the 'Account Type' section with radio buttons for Checking (selected), Savings, and Credit/Debit Card. There are also fields for Routing Number and Account Number. At the bottom are 'Back to Payments' and 'Save' buttons. Red arrows point to the 'Add' button, the 'Checking' radio button, the 'Routing Number' field, the 'Account Number' field, and the 'Save' button.

This screen will pop up, you will enter your billing information in the boxes, and provide your Bank Routing Number, and Account Number.

Example of where on your check displays Routing Number and Account Number. Then Save

The image shows a check from Bank of America. The check is dated 10-01-2009 and is for \$20.00. The payee is 'PAY TO THE ORDER OF' and the amount is '\$20.00 DOLLARS'. The bank is 'Bank of America'. The ACH R/T number is 123456789. The MICR line at the bottom shows the routing number 123456789, the account number 000123456789, and the check number 1001. A legend at the bottom identifies the numbers: ABA Check Routing Number 123456789, Account Number 000123456789, Check Number 1001, and ACH Routing/Transit Number 123456789. Red arrows point to the routing number and account number fields in the legend.

If you have any questions, please contact Gayla at gayla.knight@yorkdukes.org or 402-362-6655 x 4



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
2 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	3 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	4 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit	5 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	6 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce NO SCHOOL-YMS
9 NO SCHOOL	10 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Pineapple	11 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges	12 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	13 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
16 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears	17 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Mixed Fruit	18 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	19 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches	20 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
23 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	24 A. Iced Long John B. Cereal Choices and Toast Juice Choices Applesauce	25 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast Juice Choices Fresh Orange	26 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	27 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears
30 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit	31 A. Sausage Gravy over Biscuit 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

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

Mon	Tue	Wed	Thu	Fri
2 A. Sloppy Joe B. Pancakes and Sausage Potato Triangle	3 A. Hot Ham & Cheese Sandwich B. Pizza Hut Pizza Golden Corn 	4 A. Home-style Cheese Quesadilla and Beef Enchilada Soup B. Crispy Chicken Sandwich Zesty Black Beans	5 A. Home-Style Golden Macaroni and Cheese B. Buffalo Ranch Chicken Wrap Peas Carnival Cookie	6 NO SCHOOL
9 NO SCHOOL	10 A. Taco Burger B. Pizza Golden Corn	11 A. Chicken Fajitas B. Pork Fritter Sandwich Zesty Black Beans	12 A. Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Green Beans Gelatin Dessert	13 A. EPIC MELTDOWN: Mac and Cheese Grilled Cheese Sandwich B. Corn Dog Peas Frosted Cinnamon Roll 
16 A. Home-style Scalloped Potatoes & Dinner Roll B. Cheeseburger Green Beans	17 A. Toasted Cheese Sandwich and Tomato Soup B. Pizza Hut Pizza Mixed Vegetables 	18 A. Taco in a Bag B. Hot Dog Chili Lime Corn Cinnamon Bread Stick	19 A. Hot Pepperoni Sub B. Grilled Chicken Sandwich Baked Beans Chocolate Chip Cookie 	20 A. Meatloaf B. Chicken Nuggets And Dinner Roll Mashed Potatoes with Gravy
23 A. Orange Chicken over Rice B. BBQ Rib Sandwich Green Beans	24 A. Baked Fish Sandwich B. Pizza Golden Corn	25 A. Home-style Tater Hot Dish and Dinner Roll B. Hot Dog Mixed Vegetables Chocolate Chip Cookie	26 A. Italian Dunkers with Marinara Sauce B. Cheeseburger Candied Carrots Home-style Coleslaw	27 A. Super Nachos B. Grilled Chicken Sandwich Refried Beans Cinnamon Bread Stick FMS: APPLES 
30 A. Home-style Cheeseburger Soup and Dinner Roll B. Crispy Chicken Sandwich Steamed Carrots	31 A. Pizza Hut Pizza B. Taquito BBQ Baked Beans 		Epic Meltdown - Mac N Cheese Grilled Cheese Classic grilled cheese sandwich stuffed with creamy macaroni & cheese for double the gooey cheesy deliciousness 	

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Sun Mon Tue Wed Thu Fri Sat

1	2 7 & 8 VB - Home vs Central City 7 @ YES/8 @ YMS 4:30 pm G	3 Student Senate Mtg. 7:30 am 7 & 8 FB @ GINW 7 @ 4:30 pm 8 @ 6:00 pm B	4 2:00 Dismissal G	5 B	6 YMS Only NO SCHOOL NAMLE Professional Development Conference @ YMS	7
8	9 NO SCHOOL Columbus Day Board of Education Mtg. G	10 G	11 2:00 Dismissal B	12 8 FB - Home vs Aurora 4:30 pm G	13 End of 1st Quarter B	14
15	16 YMS Food Drive Starts  G	17 Student Senate Mtg. 7:30 am B	18 2:00 Dismissal G	19 B	20 G	21
22	23  YMS Choir Concert @ 7:00 pm YHS Theater Board of Education Mtg. B	24 Student Senate Mtg. 7:30 am G	25 2:00 Dismissal B	26  YMS Marching Band Highlights Concert @ 7:00 pm YHS Gym Deck G	27 B	28
..... Red Ribbon Week						
29	30 G	31 Student Senate Mtg. 7:30 am Food Drive Ends  B				

This club will be making dried