



# DUKE NEWS

November 2016

Volume XXXI Number 3

**Mitch Bartholomew**  
Principal

**Lance Smith**  
Assistant Principal/Activities Director

## A MESSAGE FROM THE PRINCIPAL —

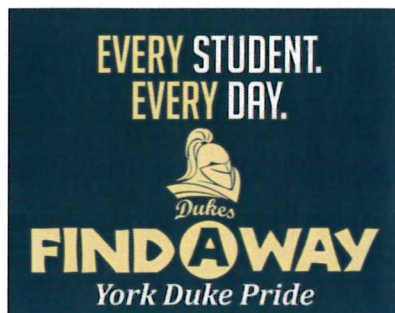
The 2016-17 Agronomy Academy is off to a great start for three York High School students. This academy was created three years ago with Seward and Centennial High School. Our goal was to create an opportunity for our students to learn more about the agronomy field and provide hands-on experiences with the seed companies in our area. We are extremely fortunate to partner with Pioneer, Monsanto, Syngenta, and Mycogen. These companies have made significant financial donations to the academy and have allowed our students to tour the plants and learn from their experts.

Currently the agronomy students are studying soils. Here are the topics they will cover —

- ♦ Soil permeability and how it's influenced by the texture and structure of soil horizons
- ♦ Identifying organisms found in soils and how those organisms improve soil quality
- ♦ Soil structure and texture and its influence on water holding capacity, drainage, and erosion
- ♦ Organic matter affects and the porosity and water holding capacity of soils
- ♦ Internal drainage, evidenced by color, mottling and permeability, and the effects of soil management decisions
- ♦ The structure and color of the soil profile to help determine the effective depth of a soil

This past summer we made some changes to this program and are very excited for the future. If your student has an interest in agronomy or the seed industry, please encourage them to talk to their school counselor about enrolling next year.

Mitch Bartholomew  
Twitter - @MitchBartYHS



YPS Mission Statement

## *Picture Retakes*

If your child didn't have his/her school picture taken or if he/she is not satisfied with their picture, retakes will be on Friday, November 4th from **7:30-8:00 am** on the gym deck.

### Notice of Nondiscrimination

It is the policy of York Public Schools not to discriminate on the basis of gender, disability, race, color, religion, marital status, age, or national origin in its educational programs, administration, policies, employment, or other district programs.

## FROM THE ASSISTANT PRINCIPAL'S OFFICE —

The second quarter has arrived and the winter season is just around the corner. Last month, both students and parents had the opportunity to hear a speaker, Bobby Truhe, from a law firm in Lincoln regarding the dangers of social media and electronic communication by students. Whether you saw the presentation or not, we encourage everyone to have conversations with your student(s) about appropriate use of these communication tools. We continue to see increases in everything from cyberbullying to sexting. As a school district, we strive to maintain a safe environment for everyone but we cannot monitor everything that goes on online. We need your help in emphasizing appropriate and productive behaviors.

Here are some important dates coming up from the activities department:

**November 14 – Start of winter practices** – Please make sure to have all paperwork turned in to the office if you did not participate in a fall sport.

**November 17 – Winter parents' night** – 7:00 beginning in the YHS Theater

**November 17-18 – Winter sport pictures** – Girls and boys basketball after school on the 17<sup>th</sup>, wrestling and Dukettes on the 18<sup>th</sup>.

**November 23-25 – No School, Thanksgiving Break**

### Other news:

Every Monday we release a short newsletter highlighting upcoming events and recent results. We also highlight a few students per week. If you'd like to stay informed about our activities on a weekly basis, you can sign up for the newsletter here: <https://goo.gl/forms/eugUTcszl9ovC6M93>

We continue to encourage patrons to visit the online calendar for events that are updated in real time. Visit the link on the school website or [www.centralconference.org](http://www.centralconference.org) and click on York.

As always, if you ever have any questions, concerns, or are looking for ways to support or get involved, please contact me at (402) 362-6655 or [lance.smith@yorkdukes.org](mailto:lance.smith@yorkdukes.org).

Twitter: @YHS\_Dukes

Facebook: York Public Schools

Instagram: @YHS\_Dukes

Lance Smith  
Assistant Principal/Activities Director

**Go Dukes!**

### **Winter Sports Pictures**

#### Thursday, November 17 – Gym

Boys' Basketball – after school  
Girls' Basketball – after school

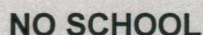
#### Friday, November 18 – Gym

Wrestling – after school  
Dukettes – after school

### **WINTER SPORTS MEETING**

Our Winter Sports Meeting for athletes involved in winter activities will be on **Thursday, November 17th at 7:00 p.m.** in the high school theater. Parents and student-athletes will meet with Mr. Smith from 7:00–7:30 p.m. to discuss rules, regulations, and philosophies. From 7:30-8:00 p.m. parents will meet with the coach(es) of the sport that their son/daughter will be participating in to discuss any further information that pertains to that sport.





## ONE-ACT PRODUCTION

## One-Act Dates



## ART CLUB ORNAMENT PROJECT

## FREE AND REDUCED LUNCH

# GUIDANCE NEWS

## IMPORTANT DATES:

**ACT TEST** - December 10

**REGISTRATION DEADLINE** - November 4

**NOTE:** Seniors, this is the last ACT test you could take to have scores available in time for freshmen scholarship consideration offered by MOST colleges. Check with your college choice to determine their scholarship deadline. Registration online at [www.actstudent.org](http://www.actstudent.org)

**When registering for the ACT test it is VERY IMPORTANT to include:**

- **The York High School code (282-590) to ensure we receive the score for the transcript and your file.**
- **UNL or UNO as one of your choices if they are in your plans at all. UNL and UNO have changed their admissions policy to only accept scores directly from the testing center (ACT or SAT). UNL ACT College Code is 2482 and UNO ACT College Code is 2464.**
- **The NCAA or NAIA as one of your college choices if planning to play college sports. NCAA code is 9999. NAIA code is 9876.**
- **The codes for FOUR colleges you may be interested in. Failure to record these codes will mean you will have to order scores later, directly from ACT, and pay a fee for each score that is sent per college.**

## JOHN BAYLOR ACT TEST PREP FOR DECEMBER

The John Baylor Test Prep will be offered again for the December ACT test. These sessions will run from November 18 – December 9. Students should sign up in the guidance office. It will be posted in the daily announcements when sign up is available. Sign up is first come, first served and space is limited. Students who took the October prep are welcome to take the December prep but will need to sign up again (but not pay again). Cost is a one-time fee per school year of \$75.00 for any or all sessions.

## SCHOLARSHIPS WITH NOVEMBER, EARLY DECEMBER & JANUARY DEADLINES

- |         |   |
|---------|---|
| Nov. 15 | UNL Honors Program (Early Notification Deadline – <b>RECOMMENDED</b> /March 1 – Final)  |
| Nov. 15 | Jeffrey S. Raikes School of Computer Science and Management (formerly the J.D. Edwards Honors Program) (This is the <b>ONLY</b> deadline) |
| Nov. 15 | UNL CBA Honors Academy  |
| Nov. 15 | Rural Health Opportunities Program RHOP (Chadron, Peru and Wayne)   |
| Nov. 15 | Omaha World Herald/Kearney Hub Scholarship  |
| Dec. 1  | UNK Honors Program (Early Deadline/Feb. 1 Final)  |
| Dec. 1  | Wayne, Hastings and Peru State College Freshman Scholarships  |
| Jan. 15 | Governor's Opportunity Half-Tuition Scholarship (Wayne, Peru or Chadron)  |
| Jan. 15 | Board of Trustee's Full-Tuition Scholarship (Wayne, Peru or Chadron)  |
| Jan. 15 | Chadron State College Freshman Scholarships   |
| Jan. 15 | UNL Freshman Scholarships   |





## **NEBRASKA STATE COLLEGES SCHOLARSHIP**

Students planning to attend Peru, Wayne or Chadron State Colleges should plan to apply for the Board of Trustees Full-Tuition scholarships if they score at least a 25 on the ACT and can provide one letter of recommendation. The Governor's Opportunity Half-Tuition Scholarship is also being offered again for students with ACT scores from 21-24. The deadline for these scholarships is January 15. (Students must apply AND be admitted by January 15 at Wayne and Peru for these. At Chadron they just have to have applied by this date.) The Davis/Chambers Scholarship is offered for students with financial need. Deadline is January 15. An estimated FAFSA is required for this scholarship.

## **TUITION REDUCTION PROGRAMS**

Various two and four-year colleges and universities in Kansas, Michigan, Minnesota, and Missouri participate in the Midwest Student Exchange Program which reduces tuition to in-state cost. Missouri Western State University in St. Joseph, Missouri, offers the Western Neighboring State Scholarship which provides in-state tuition scholarships to students from Nebraska, Kansas, Illinois or Iowa. Seniors may pick up information in the Counseling Office if interested in either of these programs.

## **WAITING LIST REMINDER**

Some community and vocational/technical schools have waiting lists for students who wish to enter certain programs. Some programs have two-year waiting lists. To be placed on a waiting list, a student must take the Accuplacer test, apply for admission, and be accepted into the program. Sophomores, juniors, and seniors who are interested in vocational and technical areas are encouraged to visit the Counseling Office as soon as possible to begin this process and/or check with your college to ask about the related time frame for interests.

## **PSAT TEST RESULTS**

The PSAT test was given to sophomores and juniors who chose to take it on October 19. Results will be mailed home in December (or shortly after we receive them), and students may pick up their test booklets in the counseling office if they wish to check their answers with the test questions. This provides each student with an excellent opportunity to learn from the results of the test. Please review the results with your son/daughter. If you have any questions, please feel free to contact the Counseling Office.



## **CAMPUS VISIT**

YHS tenth graders will make their campus visit to Wayne State College on Monday, November 7. Postcards with details were recently sent to parents. If you have any questions, let us know.

## **COLLEGE VISITS**

Your senior has two exempt absence days to use for college visits. We encourage students to use these days to step foot on campuses in which he/she is interested and get a true feeling of life there. If you need assistance setting up these visits, please call Mrs. Stuhr in the counseling office. We'll be glad to help make this happen.

### **HELP NEEDED!!**

Lunchtime Solutions Inc., York School District's food service provider is looking for kitchen help. Interested persons can fill out an application online at [lunchtimesolutions.com](http://lunchtimesolutions.com) or pick up application at the Superintendent's Office.

# NOTES FROM THE SCHOOL NURSES

## 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

### **What Color Do You Bleed? "DUKE BLUE"**

**The York Fire Department, York FFA, FBLA, FCCLA,  
SkillsUSA, and Community Blood Bank**

### **Blood Drive**

**Tuesday, November 22nd**

**Mobile Unit - High School - East Parking Lot  
10:00 am till 3:00 pm**

**PLEASE BE THE TYPE THAT GIVES!  
Step Up To Save Lives in Our Community!!  
Please call 402-641-6564 or 402-362-6655  
or visit NCBB.ORG for details  
to sign up and support this  
Outstanding Community Project.**

# YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

November 2016

## Special Points of Interest:

- *D & D - Mark your calendar*
- *NE All-State Choir*
- *Madrigal Dinner*
- *Marching Band Results*
- *Honor Band Auditions*

## REMINDER: D&D COMPETITION DATES

Please take note of these competition dates, not all were available at the time the school calendar was printed.

- ♦ February 3 - NCDA Show Choir Competition at Central City
- ♦ February 8 or 9 (TBA) - UNO Show Choir Competition
- ♦ February 25 – Islander Invitational at Grand Island Senior High
- ♦ March 21- Northeast Jazz Festival at Norfolk

## MADRIGAL DINNER

This year the Chamber Singers will be preparing and performing a Madrigal Dinner on December 3rd & 4th at the First United Methodist Church. This is going to be a great event. It will be a renaissance style, dinner theater with singing, acting, comedy and dinner. Tickets will go on sale Monday, November 14th. They will be available at the YHS Office, Wagner Decorating and the Chamber of Commerce Office. This is an event you don't want to miss!



## NEBRASKA ALL-STATE CHOIR

The YHS music department is very pleased to announce that three choir students have been accepted, by audition, to perform in this year's Nebraska All-State Choir. Juniors, Ann Wagner and Holly Rockenbach, singing soprano; and Senior, Ethan Milleson, singing Bass as members of the All-State Choir. These students will be rehearsing with the finest singers from across the state of Nebraska November 16th-18th. A concert will be given on November 18th at the Lied Center for Performing Arts in Lincoln.

**Congratulations to these outstanding musicians.**

## SENIOR HIGH BAND CONTEST RESULTS

Congratulations to the Senior High Marching Dukes on another successful marching season. In street marching competition the band received a Superior (I) rating from each of their judges at the "Yorkfest Parade," a "1<sup>st</sup> Place Class A" trophy and the "Governor's Trophy" for the highest number of points overall. They were also awarded a Superior (I) rating at the "Harvest of Harmony" and "Minden Bandfest" street marching contests. They received an Excellent (II) rating at the "Harvest of Harmony" and "Minden Bandfest" field marching competitions."

## UNIVERSITY OF NEBRASKA-KEARNEY HONOR BAND AUDITIONS

Senior High Band members in grades 10-12 are eligible to complete recorded auditions to participate in the University of Nebraska-Kearney Honor Band Day on Monday, January 25<sup>th</sup>. Auditions must be submitted by Tuesday, November 1<sup>st</sup>.



## Band Boosters Soup Supper

Tuesday, December 6th

5:00-7:00 pm

YHS Gym Commons

before the  
YHS/YMS Christmas Band  
Concert



## Digital Footprints and Photo Sharing

Today's social media makes photo sharing easy. Kids love to follow friends' photos, share casual moments visually, and simply stay in touch. However, kids don't always think through what they post. Photos they thought were private can easily go public. Likewise, their choice of photos can affect others as well. Together, discuss the importance of showing respect to oneself and others when sharing photos online.

- **Set boundaries together.**

Discuss your family's values and expectations around photo sharing. Photos that show illegal behavior (for example, underage drinking or texting while driving) are clearly a no-go. But agreeing where to draw the line on certain other photos — for example, pictures of your daughter in her bikini or your son making a rude gesture to the camera — may pose a challenge. Start by discussing the possible consequences of posting these types of pictures. How will they affect your kids' reputation? Remind your kids that once they post a picture online, it's out of their control — such photos could be seen by a friend's parent, a college admissions counselor, or a future employer. Online content is easily searchable and often ends up in hands of those we didn't intend it for. And it is easily taken out of context. Lastly, it also is permanent, meaning it can resurface at any time.

- **Remind your kids to consider the impact of a photo on the people in the picture.**

It may not be realistic to expect your kids to get everyone's permission before they upload an image, but it's a worthy goal. When they're about to upload a picture that someone has just snapped, encourage them to stop and ask, "Hey — I'm going to put this on Instagram, is that okay with everyone?" Ask your kid to think honestly if every person in the photograph would be comfortable with the photo going online. If she misjudges and someone asks her to take a photo down, tell her it is her responsibility to remove the photograph. The best way to drive this concept home is to set an example. If you want to upload a photo of your child from a recent family vacation, first ask permission to do so or ask for her feedback. This can also offer a great opportunity to model this type of respect with your child.

- **Encourage your kid to talk face-to-face with a person who posts an unflattering photo.**

Online photo sharing is a part of our world today, and opting out is unlikely. Even if your kids choose not to share photos online, their friends might upload photos of them. But it can be difficult to ask others not to post or to take down photographs. If your child is struggling with what to say, you can offer the following as an example, "Hey, I already untagged myself from the photo you put up, but I was wondering if you would be okay with taking it down. It's not my favorite picture and I'd rather if it wasn't on [Facebook/Instagram/etc.]. I'd really appreciate it." It may be helpful to have the conversation offline, face-to-face, so that it doesn't end up further perpetuating a digital problem.



## Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- 100% Fruit Juice
- Milk choices



## Fruit and Juice Available Every Day

Start your day off right

## Additional Middle & High School Choices offered daily

- Smucker's Uncrustable
- Dutch Waffle
- Cheese Pretzel

**Stop & Go Breakfast-High School Only**  
**STOP** by the cafeteria. Bag your breakfast, and **GO** on with your day!

Choices Daily:

- Pancake or French Toast Minis
- MiniCinis
- Frudel
- Yogurt with Goldfish Grahams

Includes Fruit and 100% juice choice and milk

This breakfast is available for students that qualify for free or reduced price meals.



## Breakfast Meal Prices & Extras

Student Breakfast	\$1.40
Adult Breakfast	\$2.10
Extra Breakfast Entrée	\$1.00
Extra Cereal	\$0.85
Extra Toast	\$0.25
Extra Milk	\$0.45

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
	1 A. Sausage & Gravy over Biscuit and Toast B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	2 A. Choc. Chip Ultimate Breakfast Round and Toast B. Cereal Choices and Toast  Juice Choices Apple Wedges Milk Choices	3 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Applesauce Milk Choices	4 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices
7 A. Breakfast Sliders and Toast  Juice Choices Sliced Pears Milk Choices	8 A. Iced Long John and Toast  Mixed Fruit Juice Choices Milk Choices	9 A. Breakfast Pizza and Toast B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	10 A. Egg & Cheese Biscuit Sandwich and Toast B. Cereal Choices and Toast  Juice Choices Sliced Peaches Milk Choices	11 A. Fresh Baked Cinnamon Roll and Toast B. Cereal Choices and Toast  Juice Choices Applesauce Milk Choices
14 A. French Toast Sticks B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	15 A. Sausage & Gravy over Biscuit and Toast B. Cereal Choices and Toast  Juice Choices Apple Sauce Milk Choices	16 A. Egg & Cheese Taco Roll and Toast B. Cereal Choices and Toast  Juice Choices Fresh Orange Milk Choices	17 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Mixed Fruit Milk Choices	18 A. Fresh Baked Cinnamon Roll and Toast B. Cereal Choices and Toast  Juice Choices Apple Wedges Milk Choices
21 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	22 A. Fresh Baked Cinnamon Roll and Toast B. Cereal Choices and Toast Juice Choices Apple wedges Milk Choices	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b> 	25 <b>NO SCHOOL</b>
28 A. Ultimate Breakfast Round B. Cereal Choices and Toast  Juice Choices Apple Wedges Milk Choices	29 A. Sausage Gravy over Biscuit and Toast B. Cereal Choices and Toast  Juice Choices Pineapple Milk Choices	30 A. Waffles with Syrup B. Cereal Choices and Toast  Juice Choices Mixed Fruit Milk Choices		

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

*This institution is an equal opportunity provider and employer.*



## Fruit & Veggie Bar

Included with lunch every day

8 to 10 choices of unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. *Each student is now required to have 1/2 cup of fruits or vegetables on their tray.*

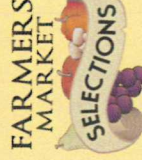


## My Locally Grown Foods!

Look for the Farmer's Market Logo on this month's menu for the featured locally grown.

Learn more about this month's selection on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>



## My Choices: Fusion Food A Monthly Featured Entree

Available on the menu day indicated, Fusion Foods are a brilliant blend of flavors and tastes. We take your favorite foods, and add a flavor twist not seen in school foods before. Enjoy!!



## My Choices: Chef Day

Chef Joe will prepare a special entrée right in front of you. Look for the Chef Demo sign in the lunch area to learn what this month's item will be.

This entrée is available for \$2.25. 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

## Lunch Meal Prices & Extras

HS Lunch	\$2.75	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Milk	\$0.45
Adult Lunch	\$3.45	Extra Branded Pizza	\$1.75
Adult ONE TRIP Fruit & Veggie Bar			\$1.75

Menus Subject to change without notice.

## Comfort Foods: Entrée & Featured Hot Veggie of the Day

Mon	Tue	Wed	Thu	Fri
	1 Soft Shell Tacos Chili Lime Corn Carnival Cookie	2 Breaded Beef Fingers Dinner Roll Mashed Potatoes with Gravy	3 Chicken Ranch Pasta Dinner Roll Green Beans Sugar Cookie	4 Sloppy Joe BBQ Beans
7 Home-style Chicken Stew over Biscuit Mixed Vegetables	8 Buffalo Chicken Pasta Dinner Roll Golden Corn Chocolate Chip Cookie	9 Toasted Ham & Cheese Sandwich Tomato Soup Baked Beans	10 Home-Style Goulash Bread Stick Green Beans	11 California Lasagna Bread Stick Peas Veteran's Day Cookie
14 Chicken Fajita Refried Beans	15 Spaghetti with Meat Sauce Garlic Bread Stick Peas	16 Corn Dog Green Beans Carnival Cookie	17 Holiday Meal!! FMS	18 Beef & Bean Burrito Steamed Carrots
21 Cajun Chicken Penne Dinner Roll Roasted Garbanzo Beans	22 Bosco Sticks With Marinara Steamed Carrots	23	24	25
28 Pancakes & Sausage with Scrambled Eggs Potato Triangle	29 Fusion Food: Curry Macaroni and Cheese Peas Carnival Cookie	30 Cheese Quesadilla & Beef Enchilada Soup Black Beans		

Questions or Comments? Contact Mitch Novak, Food Service Director at 402-363-9169 or [mitch@lunchtimesolutions.com](mailto:mitch@lunchtimesolutions.com)

The institution is an equal opportunity employer and provider.



Lunchtime Solutions, Inc.

## My Choices: Hot Grill Sandwich Choices - Every Day

Cheeseburger  
Hot Dog  
Crispy Chicken Sandwich  
Spicy Chicken Sandwich

## My Choices: Fresh Pizza Every Day!!

Cheese available daily  
M - Pepperoni or Hamburger  
T - Taco or Hot Hawaiian  
W - Sausage or Beef  
Th - BBQ Chicken or Breakfast  
F - Supreme or Buffalo Ranch

## My Choices: Sub Station

Fresh Baked Sub Rolls and Toppings

Select your favorite variety of sub and add your choice of toppings, including lettuce, pickles, sliced tomato, sliced red onion, peppers and cucumbers.



## My Choices: Deli Style Wraps

Deli Meat, Cheese and Fresh Veggies in a soft regular or tomato basil tortilla.

Monday - Combo  
Tuesday - Fajita Chicken  
Wednesday - Turkey  
Thursday - Ham  
Friday - Grilled Chicken

## My Choices: Power Lunch Salads

Monday Grilled Chicken Salad  
Tuesday Southwest Salad  
Wednesday Chef Salad  
Thursday Taco Salad  
Friday Crispy Chicken Salad



## My Choices: Vegetarian

M-W Vegetarian Salad w/ Breadsticks  
T-Th-F Fruit, Yogurt & Cheese Plate  
w/ Graham Crackers



# November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 District Volleyball Tournament (V) - York vs. Aurora - 4:30 pm @ Aurora	2 Early Student Dismissal 2:03 pm	3 Mock Trial District Competition - 6:00 pm Justice and Law Enforcement Center- Lincoln	4 Picture Retakes - 7:30-8:00 am - Gym deck	5 Sub-State Volleyball (V) - TBD One-Act Competition @ Norfolk
6 Daylight Savings Time Ends FFA Harvest Moon Celebration @ Holthus Convention Center	7 Wayne State College campus visit for Sophomores	8 ACES Induction - 7:00 pm - YHS Theater  District FFA Livestock Selection CDE @ York	9 Early Student Dismissal 2:03 pm Mock Trial District Competition - 6:00 pm Justice and Law Enforcement Center - Lincoln	10   State Volleyball (V) @ Pinnacle Bank Arena - TBD	11   One-Act Competition @ York	12   One-Act Competition @ York
13	14 First Day of Practice - Winter Sports Mock Trial District Competition - 6:00 pm Justice and Law Enforcement Center- Lincoln Board of Education Mtg.	15 One-Act Competition @ Gothenburg	16 Early Student Dismissal 2:03 pm Sportsmanship Summit @ Kearney  All-State Honor Band/Choir	17 Winter Sports Pictures - Girls/Boys Basketball after school - Gym YHS Winter Sports Parents Meeting - 7:00 pm - YHS Theater	18 Winter Sports Pictures - Wrestling & Dukettes after school - Gym	19 One-Act Competition @ Kearney
20	21 Mock Trial District Competition - 6:00 pm Justice and Law Enforcement Center - Lincoln	22 Conference One-Act - 9:00 am @ Seward Blood Drive - 10:00 am-3:00 pm - Mobile Unit - YHS East Parking Lot	23 NO SCHOOL Thanksgiving Break	24   Thanksgiving	25   	26 G/B BB Jamboree-Home vs. Millard West (V) - G-1:00/B-2:45 pm
27	28 Board of Education Mtg.	29 One-Act School Performance Parent's Night Open dress rehearsal - 7:30 pm - Theater	30 Early Student Dismissal 2:03 pm	