



Be Safe, Be Respectful, Be Responsible

February 2018

Greetings YMS Parent(s):

What a great start we have had to the second half of our school year. Students and teachers came back ready to put forth a great effort and to improve each and every day. This is an important time for the growth in your child(s) education this year. Some of the most significant gains and unfortunately losses can occur in the winter months of a school year. The adults in this building are going to work hard to make sure students at YMS show gains and we know that you will support YMS by doing the following:

1. Make sure that your child gets homework done. Let your child know that you think education is important and that homework needs to be done each day. You can help your child with homework by setting aside a special place to study, establishing a regular time for homework, and removing distractions such as the television and social phone calls during homework time.
2. Ask questions. If something concerns you about your child's learning or behavior, ask the teacher or principal about it and seek their advice. Your questions may be like these — What specific problem is my child having with reading? What can I do to help my child with this problem?
3. Demonstrate a positive attitude about education to your children. What we say and do in our daily lives can help them to develop positive attitudes toward school and learning and to build confidence in themselves as learners. Showing our children that we both value education and use it in our daily lives provides them with powerful models and contributes greatly to their success in school.
4. Monitor your child's television, video game, and Internet use. American children on average spend far more time watching TV, playing video games and using the Internet than they do completing homework or other school-related activities. Make time each day for your child to read and do homework before technology is turned on.
5. Encourage your child to be responsible and work independently. Taking responsibility and working independently are important qualities for school success. You can help your child to develop these qualities by establish reasonable rules that you enforce consistently, making it clear to your child that he has to take responsibility for what he does, both at home and at school, showing your child how to break a job down into small steps, and monitor what your child does after school, in the evenings and on weekends.

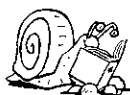
Students at YMS are participating in One Book One School. Students are reading *"My Life in Dog Years"* by Gary Paulsen. Gary Paulsen has owned dozens of unforgettable and amazing dogs. In each chapter of this book he tells of one special dog, among them Cookie, the sled dog who saved his life; Snowball, the puppy he owned as a boy in the Philippines; Ike, his mysterious hunting companion; Dirk the grim protector; and his true friend Josh, a brilliant border collie.

We are going to have a great second semester as both parents, teachers and staff work to improve the educational experience at YMS.

Kenny Loosvelt
YMS Principal

Middle Years

Working Together for School Success



Short Stops

No skipping allowed

Middle graders may think it's cool to roam the halls or hang out in the bathroom instead of going to class. Make sure your child knows you expect him to be in all of his classes every day—and explain ahead of time what consequences he would face from school, and from you, if he skips.

Shifting moods

Tweens often go through ups and downs because of changing hormones. When your child seems out of sorts, that's when she most needs you to remain calm. Showing you have control will comfort her and make her feel secure, even if she doesn't realize it at the time.

Where's my glove?

Are family members constantly looking for missing gloves? Make it easier to get out the door to school and to work by giving each person his own bin for winter gear (mittens, hats, scarves). Stack them by the door, or place in a closet. *Tip:* Designate a spot for gloves without matches in case the mates show up.

Worth quoting

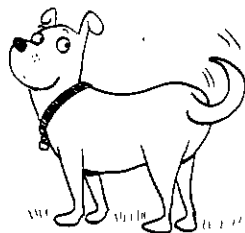
"We cannot change the cards we are dealt, just how we play the hand."

Randy Pausch

Just for fun

Q: Why do dogs wag their tails?

A: Because nobody else will do it for them.



Happy to collaborate

You may have heard your middle schooler talk about group assignments—perhaps a paper she's writing with a partner or a slide presentation she's creating with classmates. Learning to collaborate will help her succeed in these projects *and* teach her an important skill for the future. Share these strategies.

Look for themes

Collaborating is about using everyone's thoughts and opinions to find a solution. First, group members need to brainstorm and keep track of suggestions. Then, they can look for ways to combine their ideas. For example, they might realize most of their concepts fit into three main categories and work together to divide their paper into three parts.

Learn to compromise

Help your tween use language that encourages others to participate and shows she is considering their recommendations. For instance, she could ask, "What's your reaction to this?" Or she can paraphrase someone's comments with "It sounds like



you're saying..." To disagree politely, she might reply, "I see what you're saying. I also see it another way."

Figure out roles

Another key to collaboration is using everyone's strengths. Say your middle grader's group is making a slide show. One person might use her organizational skills to schedule meetings and decide how to arrange the slides. Another can use technology know-how to create the slides and add special effects. 🍷

"I care about you"

Caring about others can make your child feel good about himself and even help him make new friends. Inspire compassion with these ideas.

Trade places. Suggest that he put himself in someone else's shoes. Say his friend is disappointed because he didn't make a sports team. Your tween could think about how he would feel if he worked hard for something and didn't get it. Seeing things from his friend's perspective will help him understand his friend's feelings—and empathize.

Take action. Encourage him to find a way to support others who are going through a rough time. If a classmate loses his grandfather, he might visit the friend and invite him to tell stories about his grandpa. Or he can make a sympathy card and have other students sign it. 🍷

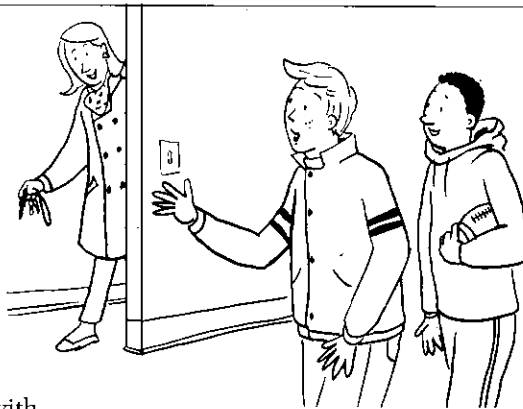


Grow by the rules

Setting rules during the tween years can be puzzling, since middle graders aren't little kids anymore, but they aren't teenagers either. Try these tips.

Consider new freedoms

Think of ways to adapt rules for your child's age and maturity level. Ask for his input, and decide which suggestions make sense. Say he wants you to start dropping him off at the mall with his friends. You might agree to read in the mall's coffee shop while they walk around. Once you see how he handles it, you can choose whether to drop him off in the future.



Encourage problem solving

Parents want to protect their children—but your tween will often be better off experiencing the natural consequences of his actions. Perhaps your rule is that he needs to remember his own items for school. If he forgets a book for class, let him work out a solution instead of dropping it off for him. He'll learn to problem solve, and chances are he'll try harder to remember next time. 👍



Chores without complaints

Does your child pitch in around the house? Having her do chores helps her develop a good work ethic that will benefit her at home and in school. Here are ways to foster this quality.



■ **Think “we.”** Have her regularly help with chores that benefit the whole household, such as doing dishes or cleaning out closets. That way, she'll learn to work hard even if it won't benefit her directly.

■ **Make it snappy.** Set a timer for 2 or 3 minutes, and challenge everyone to do a specific chore before time is up. Your tween might straighten up the family room while you wipe down kitchen counters. Keeping it short and fun makes it more likely she'll pitch in willingly—and be more open to helping out next time. 👍

Parent to Parent

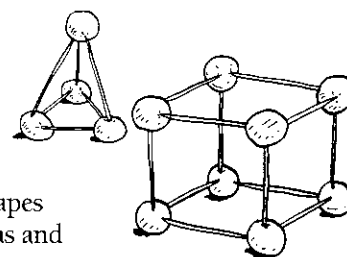
Math night at school...and at home

My daughter and I recently attended family math night at her school. Marissa found the activities fun, so when her teacher sent home more ideas to try, we decided to hold a math night at home.

First, we rolled play dough into little balls and connected them with toothpicks to create 3-D shapes like cubes and cones. Marissa measured their areas and showed me how to do it.

Next, we played “secret function.” I wrote numbers on slips of paper. Marissa picked one at a time, performed a “function,” like adding 8 or dividing by 3, and wrote the answer on the flip side. I had to figure out the function she used. For “4,” she had written 16, and I said she had squared the number. She said that was right, but added, “It could have been $\times 4$ or $+ 12$.” That led to a great discussion about how many different functions may have been right!

I enjoyed seeing math in a new light. And I'm glad Marissa is enjoying playing with math. 👍



Q & A Work that's mine

Q My son recently received a zero on a paper because it was too similar to an online article he used as a source. He had simply rearranged the information, and he didn't understand this was plagiarism! What should I do?

A In today's online world, students may pass off someone else's work as their own without realizing it. They might believe that just rewording or rearranging material makes it theirs. Or they may

even forget which part is a direct quote from a source and fail to give credit.

Your son can avoid unintentional plagiarism by taking careful notes as he researches. Encourage him to put quotation marks around direct quotes and to keep a running list of sources.

Also, suggest that he jot down his own thoughts and reactions while researching. That will give him a good place to start when he writes so he is sure to use his own words. 👍



OUR PURPOSE

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

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Wednesday, February 7, 4:30 - 8:30 p.m.

Thursday, February 8, 4:30 - 8:30 p.m.

Friday, February 9, 8:00 a.m. - 12:00 / 1:00 - 3:00 p.m.

Parent-teacher conferences are scheduled for York Middle School. The eighth grade team have scheduled individual Student-led Conferences. This format is to encourage students to take more ownership in the learning process, in their grades, and in setting goals for the future. These are scheduled conferences with the student, parent, and teacher. Parents of eighth grade students will be notified of their scheduled time.

Parents of 6th and 7th grade students will be able to see teachers at their convenience. Teachers will be in their classrooms. Conference times with individual teachers will be approximately 5 minutes long to allow teachers time to visit with as many people as possible. Please be conscious of your time and of others waiting to see the teachers.

Prior to parent-teacher conferences, please look over your child's school work. Check tests and homework grades. If you find low grades on any work, it can then become an area of focus at the conference. Talk to your child. He or she is likely to have insights on what's happening academically at school. Please make a list of questions so you won't forget anything you may want to say or ask. Feel free to be honest with your concerns.

After the conference with the teacher, go over what was said with your child. In the end, the students are the ones who must take charge of their education. They need to know the positives and the areas that are recommended for improvement.

If you cannot attend a conference on these dates, please call YMS at 402.362.6655, option 1 to arrange an alternate time. We hope to see you at our upcoming parent-teacher conferences!

Please note YMS students will have a 2:00 p.m. dismissal on Thursday, February 8!

Parent Portal

Campus Portal

Campus Portal is our tool for parents and students to access instant, online, timely and secure student information.

Campus Portal is a means to further promote educational excellence by enhancing our program of communication with parents and students. By viewing Campus Portal you can gain access to class schedule, assignments, attendance, course registrations for next year, report cards and transcripts.

Call the middle school at 402.362.6655 and Request a Campus Portal Activation Account



Kindergarten Registration will be held at the York Elementary School during the week of February 5 - February 8

You may register your child for Kindergarten any time between 9:00 – 11:00 a.m. & 1:00 – 4:00 p.m. on the following days:

**Monday, February 5th
Tuesday, February 6th
Wednesday, February 7th
Thursday, February 8th**



YES WILL HAVE AN EVENING REGISTRATION ON TUESDAY, FEBRUARY 6TH, FROM 5:00 – 7:00 P.M.
If you cannot register at one of these designated times, please call 402-362-1414 for an alternate time.

2018 YORK COUNTY SPELLING CONTEST



Congratulations to the following students who qualified for the York County Spelling Contest on **Wednesday, February 7**. Participating from the 6th grade will be Leah Davis, Lily Houston, Landon McConnell, Ethan Montgomery and Angelina Shaw. Alternates are Cecilia Asti, Elizabeth Beauchamp, Tatum Holthus, Carter Stenger and Karter Switzer-LaFollette. Spellers from the 7th grade who will be participating are Jaxon Alexander, Alice Coehoorn, Andrew Van Gomple, Terah Palmer and Damien Tesarek. Alternates are Morgan Driewer, Olivia Hansen, Jalen Kroger, and Lily Nuss. Qualifiers from the 8th grade are Baylie Holthus, Marley Jensen, Xavier Jilg, Noah Jones, Emma Nolan, and Jenna Perryman. Alternates are Piper Fernau, Madison Flauta, Chloe Holmes, Kelsey Sandoz, Jackson Schmid, and Kaylee Woods.

We wish you the best of luck!



YORK MIDDLE SCHOOL MUSICAL

MARCH 15 & 16

**YORK HIGH SCHOOL THEATER
AT 7:00 PM**

Once upon a time in a faraway land, an Enchantress played by Brynn Hirschfeld turns a cruel, unfeeling Prince played by Trey Harms into a hideous Beast. To break the spell, the Beast must learn to love another and earn her love in return before the last petal falls from an enchanted rose. Will Belle, a young woman in a provincial town, played by Mia Burke, and the Beast break the spell cast upon the Prince?

Auditions are finished and the rehearsals are underway. Students from the 6th, 7th and 8th grade choirs are working hard to prepare for the musical *Beauty and the Beast Jr.*

Please join us for York Middle School's performance of *Beauty and the Beast Jr.* on Thursday, March 15 and Friday, March 16 at 7:00 p.m. at the York High School Theater. Admission is \$3.00 for adults and \$2.00 for students.

We will also be needing many parent volunteers to help with set, props, snacks, etc. Please be watching for more information and contact us if you are willing to help at jessica.wagner@yorkdukes.org. Parents just a reminder, students who are part of the musical cast need to bring their \$20 in as soon as possible.



TeamMates Jersey Auction!!

JERSEY SILENT AUCTION – BID NOW!

The York TeamMates Chapter is now accepting bids for their Boys and Girls Basketball Jersey Auction!! Place your bid for the privilege to wear your favorite basketball player's jersey at the home game on Saturday, February 3rd against Columbus Lakeview. Bids will continue to be accepted until **4:00 p.m. on Thursday, February 1st!** Jersey bids start at \$10 and increase in increments of \$5. Please call Gayla at the Superintendent's Office 402-362-6655 ext 4 to place your bid.



Brass Quintet Concert

Wednesday, February 14th at 7:30 p.m.

Come out and enjoy a FREE community concert by Offutt Brass! Offutt Brass, the brass ensemble of the United States Air Force Heartland of America Band, is stationed at Offutt Air Force

Base, Nebraska. Comprised of two trumpets, french horn, trombone, tuba, and percussion, Offutt Brass showcases the Air Force's excellence and precision in every performance with a diverse repertoire featuring classical selections, patriotic favorites, jazz and popular music, new compositions and distinctive arrangements.

The United States Air Force Heartland of America Band's Offutt Brass will be performing at the York High School Theater on Wednesday, February 14th at 7:30 p.m. They will be joined by some of our high school band members performing Sousa's "El Capitan" march. Plan to come and hear an outstanding brass ensemble!



Eighteenth Annual York Middle School Honor Band Day

We will be hosting our eighteenth annual "York Middle School Honor Band Day" on Saturday, February 24. We are expecting over 300 area 7th and 8th grade band students to attend. Students rehearse in the afternoon to prepare for a final concert which begins at 6:30 p.m. in the York High School Theater.

Minden Director of Bands, John Jacobs will be our Percussion Clinician. Susan Hottovy from Lincoln will direct the 7th Grade Band. The conductor for the 8th Grade Band will be Jennene Anderson, the Band Director at Crete Middle School.

Be watching for the *YMS Shark Tank Entrepreneurship Club* at the High School JV and Varsity Basketball games on Tuesday, February 6. The students, as part of our After School Program, made a business plan, presented the plan to a banker, bought supplies and have manufactured their products. The students are looking forward to showing their projects and selling their merchandise!



YPS “Lunch & Learn”

Wednesday, February 21st at 12:00

YORK SENIOR CENTER
725 N. Nebraska Avenue



Presentations will include updates about:

- *YHS Speech Team*
- *English Language Learner services*
- *Legislative update*

*** **Come get a FREE lunch at the SENIOR CENTER!** Email mike.lucas@yorkdukes.org by Tuesday, February 20th so we can get an accurate headcount for our sandwich bar. Bring a friend or two!

Young Nebraska Scientists Camps

<http://yns.nebraska.edu>



York Public Schools has formed a strong partnership with “Young Nebraska Scientists.” We are always looking for amazing academic opportunities for our students and these guys are some of the best at offering hands-on experiences for students. They are offering many educational and exciting opportunities this summer!

The Young Nebraska Scientists (YNS) program was founded in 2008 to provide exciting STEM enrichment activities for middle and high school students. YNS summer science camps at Nebraska colleges and universities integrate the research themes of current Nebraska EPSCoR grants. YNS also sponsors summer research internships in university laboratories for high school students.

At YNS camps, Nebraska students learn through engaging, active-learning style experiences and experience life on a college campus. The high school research program offers students an extended, paid taste of the camaraderie and focus of a university research team.

The time is NOW to apply for Summer Camps! Visit <http://yns.nebraska.edu> for more info and to access the online application(s).

- CyberCamp, June 6-9 at the University of Nebraska at Kearney, for middle and high school students;
- Soil and Plants in Agriculture, June 11-15 day camp at the University of Nebraska at Kearney, for middle schoolers;
- Algae for Biofuels, June 17-21 at Doane University in Crete, for middle schoolers;
- Life Underground: the Unseen Power of Microbes, June 17-20 at UNL, for high schoolers;
- Biodiversity Field Science, June 24-30 at UNL Cedar Point Biological Station (Ogalalla), for high schoolers;
- Secret Life of Metals, an inorganic chemistry day camp, July 16-18 at Creighton Univ.

YNS camp fees include meals and lodging, except Secret Life of Metals and Soil and Plants in Agriculture (day camps only). A select group of high school students are chosen to be YNS High School Researchers, with paid summer jobs in the labs of university scientists.

Applications close March 17 for YNS researcher positions, and April 15 for YNS campers.



NEWS RELEASE

988170 Nebraska Medical Center • Omaha, NE 68198-8170 • 1-800-222-1222 • www.NebraskaPoison.com

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TIDE POD CHALLENGE

"If all your friends jumped off a bridge, would you?" This question has been asked by parents to their children for generations. But never has this been more evident than in the last several years thanks to viral internet challenges. In recent years poison centers have received calls on the salt/ice challenge and the cinnamon challenge. The new disturbing Tide Pod Challenge has gained steam across the U.S. This has prompted YouTube, the Google-owned video streaming service to remove the videos from their site.

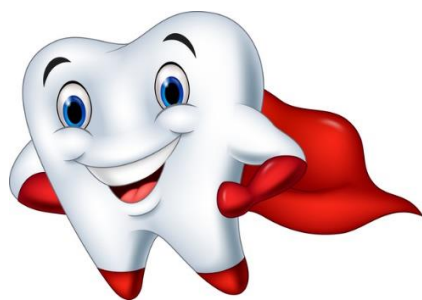
The Tide Pod Challenge is popular on social media showing videos and memes of teens and young adults putting laundry packets into their mouths. Calls to the nation's poison centers regarding ingestions in this age group are starting to increase.

In 2017, poison control centers received reports of more than 10,500 exposures to highly concentrated packets of laundry detergent by children ages 5 and younger, according to the American Association of Poison Control Centers. Ingestion of packets has caused coma, seizures, respiratory arrest and death. Manufacturers of the packets have sought to combat these ingestions by making changes to the packaging and some have added a bitter-tasting agent to the outer coating. These changes, along with public education provided by poison centers across the country, have resulted in a decrease in calls to poison centers.

The Nebraska Regional Poison Center would like to inform parents of this dangerous trend and recommends having a discussion with their children on the dangers of this challenge.

For more information or if you just have a question – contact the nurses at the Nebraska Regional Poison Center by calling toll-free at 1-800-222-1222.

February is Children's Dental Health Month



You have so many good reasons to keep your family's teeth and gums healthy. Their sparkling smiles. Being able to chew for good nutrition. Avoiding toothaches and discomfort. And new research suggests that gum disease can lead to other problems in the body, including increased risk of heart disease.

Fortunately, there are simple ways to keep teeth strong and healthy from childhood to old age. Here's how:

1. Start children early. Despite great strides in decay prevention, one in four young children develops signs of tooth decay before they start school. Half of all children between the ages of 12 and 15 have cavities. "Dental care should begin as soon as a child's first tooth appears, usually around six months," Caryn Solie, RDH, president of the American Dental Hygienists' Association, tells WebMD. "Teeth can be wiped with a clean, damp cloth or a very soft brush. At about age 2, you can let kids try brushing for themselves -- although it's important to supervise."

2. Seal off trouble. Permanent molars come in around age 6. Thin protective coatings applied to the chewing surfaces of the back teeth can prevent decay in the pits and fissures. According to the Centers for Disease Control and Prevention, sealants can significantly reduce caries. Yet only one in three U.S. kids receives dental sealants. Talk to your dental professional.

3. Use enough -- but not too much -- fluoride. The single biggest advance in oral health has been fluoride, which strengthens enamel, making it less likely to decay. Three out of four Americans drink water that is fluoridated. If your water isn't fluoridated, talk to your dental professional, who may suggest putting a fluoride application on your teeth. Many toothpastes and mouth rinses also contain fluoride. Fluoride should be used sparingly in young children -- no more than a pea-sized dab on the toothbrush. Too much can cause white spots on teeth.

4. Brush twice a day and floss daily. Gum disease and tooth decay remain big problems -- and not just for older people. Three-fourths of teenagers have gums that bleed, according to the ADHA. Along with the basic advice, remember:

- Toothbrushes should be changed 3 to 4 times a year.
- Teenagers with braces may need to use special toothbrushes and other oral hygiene tools to brush their teeth. Talk to your dentist or orthodontist.

- Older people with arthritis or other problems may have trouble holding a toothbrush or using floss. Some people find it easier to use an electric toothbrush. Others simply put a bicycle grip or foam tube over the handle of a regular toothbrush to make it easier to hold.

5. Rinse or chew gum after meals. In addition to brushing and flossing, rinsing your mouth with an antibacterial rinse can help prevent decay and gum problems. Chewing sugar-free gum after a meal can also protect by increasing saliva flow, which naturally washes bacteria away and neutralizes acid.

6. Block blows to teeth. Sports and recreational activities build healthy bodies, but they can pose a threat to teeth. Most school teams now require children to wear mouth guards. But remember: unsupervised recreational activities like skate-boarding and roller-blading can also result in injuries. Your dentist can make a custom-fitted mouth guard. Another option: buy a mouth guard at a sporting goods store that can be softened using hot water to form fit your mouth.

7. Don't smoke or use smokeless tobacco. Tobacco stains teeth and significantly increases the risk of gum disease and oral cancer. If you smoke or use chewing tobacco, consider quitting. Counsel your kids not to start.

8. Eat smart. At every age, a healthy diet is essential to healthy teeth and gums. A well-balanced diet of whole foods -- including grains, nuts, fruits and vegetables, and dairy products -- will provide all the nutrients you need. Some researchers believe that omega-3 fats, the kind found in fish, may also reduce inflammation, thereby lowering risk of gum disease, says Anthony M. Iacopino, DMD, PhD, dean of the University of Manitoba Faculty of Dentistry.

9. Avoid sugary foods. When bacteria in the mouth break down simple sugars, they produce acids that can erode tooth enamel, opening the door to decay. "Sugary drinks, including soft drinks and fruit drinks, pose a special threat because people tend to sip them, raising acid levels over a long period of time," says Steven E. Schonfeld, DDS, PhD, a dentist in private practice and spokesperson for the American Dental Association. "Carbonated drinks may make matters worse, since carbonation also increases acidity." Sticky candies are another culprit, because they linger on teeth surfaces.

10. Make an appointment. Most experts recommend a dental check-up every 6 months -- more often if you have problems like gum disease. During a routine exam, your dentist or dental hygienist removes plaque build-up that you can't brush or floss away and look for signs of decay.

"Almost all tooth decay and most gum disease can be prevented with good oral hygiene," says Solie. "We're talking about taking a few minutes each day to brush and floss. That's not a lot in return for a lifetime of healthy teeth and gums."

WebMD Feature Reviewed by Louise Chang, MD on October 29, 2010

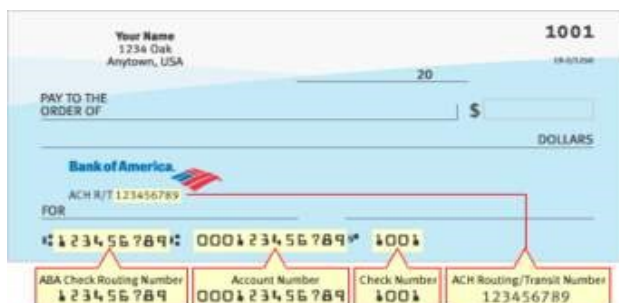
MAKING AN ONLINE LUNCH PAYMENT THROUGH INFINITE CAMPUS

- 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 is the 'Payments' page, which has a sidebar menu on the left with options like Family, Messages, Discussions, Household Information, Family Members, Calendar, Fees, Payments, Food Service, To Do List, User Account, Contact Preferences, Access Log, and Notification Settings. The main content area shows 'Accepted Payment Methods' (VISA, DISCOVER, echeck) and a 'Total: \$7.00'. Below this, it says 'Select the payment method' with 'Add' and 'Edit' buttons. A red arrow points to the 'Add' button. The right screenshot is the 'Add Payment Method' form. It has a 'Billing Information' section with fields for Name (required), Address (required), City (required), State / Zip (required), and Country. Below this 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, there are 'Back to Payments' and 'Save' buttons. Red arrows point to the 'Add' button in the left screenshot, the 'Billing Information' section, the 'Account Type' section, and the 'Save' button in the right screenshot.

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!



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. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	2 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
5 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears	6 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Mixed Fruit	7 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	8 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches	9 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce NO SCHOOL-YMS/YES
12 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple NO SCHOOL-YMS/YES	13 A. Iced Long John B. Cereal Choices and Toast Juice Choices Applesauce	14 A. Oatmeal with Topping Bar B. Cereal Choices and Toast Juice Choices Fresh Orange	15 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	16 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears
19 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit	20 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	21 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	22 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	23 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
26 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	27 A. Iced Long John B. Cereal Choices and Toast Mixed Fruit Juice Choices	28 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,
Breadstick

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:

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Mon	Tue	Wed	Thu	Fri
Epic Meltdown Nacho Grilled Cheese  Seasoned taco meat with all the fix ins stuffed inside a gooey grilled cheese.			1 A. Hot Pepperoni Sub B. Grilled Chicken Sandwich Baked Beans Chocolate Chip Cookie	2 A. Taco in a Bag B. Hot Dog Chili Lime Corn Cinnamon Breadstick
5 A. Chicken Fajitas B. Pork Fritter Sandwich Zesty Black Beans	6 A. Taco Burger B. Pizza Golden Corn	7 A. Beef Stroganoff B Corn Dog Peas Frosted Cinnamon Roll	8 A. Home-style Turkey & Gravy and Roll B. Chicken Nuggets And Dinner Roll Mashed Potatoes With Gravy	<div style="background-color: red; color: white; padding: 10px; text-align: center;">NO SCHOOL</div>
<div style="background-color: red; color: white; padding: 10px; text-align: center;">NO SCHOOL</div>	13 A. Grilled Chicken Sandwich B. Pizza Hut Pizza Golden Corn 	14 A. Italian Dunkers with Marinara Sauce B. Cheeseburger Candied Carrots Home-style Coleslaw	15 A. Home-style Tater Hot Dish and Dinner Roll B. Hot Dog Roasted Mixed Vegetables Chocolate Chip Cookie 	16 A. Super Nachos B. Baked Fish Sandwich Refried Beans Cinnamon Bread Stick
19 A. Home-style Cheeseburger Soup and Dinner Roll B. Crispy Chicken Sandwich Steamed Carrots	20 A. Soft Shell Tacos B. Mini Corn Dogs Chili Lime Corn Animal Crackers 	21 B. Breaded Beef Patty and Dinner Roll B. Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy	22 A. Epic Meltdown: Nacho Grilled Cheese B. Home-style Chicken Ranch Pasta and Dinner Roll Green Beans Sugar Cookie 	23 A. Taquito B Home-style Pizza BBQ Beans
26 A. Home-style Chicken Stew over Fresh Baked Biscuit B. Hot Dog Baked French Fries	27 A Mexi Tots B. Pizza Hut Pizza Corn 	28 A. Cheesy Ham Baked Potato with Dinner Roll B. Grilled Chicken Sandwich Mixed Vegetables		Chicken Florentine  Chef Mitch's take on an Italian classic – sautéed tender chicken tossed with spaghetti, spinach, diced tomatoes and garlic with a touch of red pepper flakes.

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

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February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7 & 8 BBB @ Columbus Scotus (@ Col. Scotus H.S) 7th-4:30/8th-6:30pm G	2 Groundhog Day B	3 Elks District Hoop Shoot 8:00-1:00pm
4	5 8 BBB @ Aurora H.S. 4:30 pm G	6 7 BBB-Home vs Aurora (@YMS) 4:30pm B	7 2:00 Dismissal YMS P-T conferences 4:30-8:30pm York County Spelling Bee G	8 2:00 Dismissal YMS P-T conferences 4:30-8:30pm 8 BBB-Home vs Adams Cntrl @ 4:30pm 7 BBB @ Juniata 4:30pm B	9 YMS NO SCHOOL YMS P-T conferences 4:30-8:30pm	10
11	12 YMS NO SCHOOL	13 7 BBB @ Crete MS - 4:30pm 8 BBB - Home vs Crete MS (@YMS) - 4:30pm G	14 2:00 Dismissal Valentine's Day B	15 7 BBB @ Hastings MS 4:00 pm G	16 B	17 Elks State Hoop Shoot 8:00-1:00pm
18	19 PRESIDENTS DAY G	20 8 BBB - Home vs Aurora (@ YMS) 4:30 pm B	21 2:00 Dismissal G	22 B	23 G	24 YMS Honor Band 1:00 - 8:00pm YHS Theater 
25	26 Board of Education Mtg. B	27 8th grade Parent Mtg. - 6:00pm YHS Theater G	28 2:00 Dismissal B			