



DUKE NEWS

January 2018

Volume XXXII Number 5

Mitch Bartholomew

Principal

Lance Smith

Assistant Principal/Activities Director

A MESSAGE FROM THE PRINCIPAL —

The Value of Career Academies at York High School

Dr. Mitch Bartholomew – Principal

During the 2011-12 school year, York High School partnered with the Southeast Nebraska Career Academy Partnership (SENCAP). This partnership was designed to provide students at YHS opportunities to explore career and educational opportunities while in high school. Through rigorous college coursework and career exploration, SENCAP has helped students focus on a career and educational pathway, while saving the student time and money toward the completion of a post-secondary degree. YHS is also fortunate to have highly qualified teachers that are able to be the instructors of the college course work. We have been able to capitalize on our teacher experience and receive reimbursement from SCC.

SENCAP students have ten career and educational pathways they can begin to explore while they earn college credit toward the completion of their degree. York High School students have earned college credit in seven of those pathways: agriculture, business, education, health, information technology, criminal justice, and welding.

Every SENCAP school is assigned a regional SENCAP Coordinator who facilitates career education opportunities. The coordinator ensures students are making connections between their personal and educational strengths and how to successfully transition into the workplace and college. With our coordinator, YHS students have developed a career education portfolio, participated in mock interviews and job shadowing, developed a personalized career website, taken the Gallup Strengths Finder, and participated in many field trips in and outside of York.

York High School is fortunate to offer this opportunity to our students, parents, and community. We recently completed a 5-year program overview and are proud of what we've accomplished.

- 257 SENCAP Participants
- 488 Courses Completed
- 1,612 Hours Completed
- 3.52 Average GPA
- \$54,652 Tuition Savings
- \$49,922 YHS Reimbursement

FROM THE ASSISTANT PRINCIPAL'S/ACTIVITIES DIRECTOR'S OFFICE —

I would like to share some encouraging numbers from the activities department from the first semester of the 2017-18 school year. During the fall season, 182 students participated in an NSAA sport while another 25 participated in Unified Bowling shortly after the fall season. One-Act was again our largest NSAA activity with 104 students. The participation percentage (percent of kids participating in *at least* one activity) was around 80-81%. Total participation (number of total participants, including those in multiple activities) is currently at 953. That is around 2.03 activities per student.

It is a pleasure sharing those numbers each semester because it speaks to how engaged our students are at the high school. When you dig into the numbers, it also speaks to how diversely talented the students body can be. With 133 kids participated in FFA, 104 out for a state runner-up One-Act team, and 61 kids out for a state champion football program, we truly do have a place for every student to get involved and be successful. If a student cannot find a group that interests them, the counseling staff or any of the administration is here to help.

ATTENDANCE ISSUES

This is just a reminder of the attendance policy and procedures at York High School. Students are allowed up to eight absences per semester, per class. These absences include sleeping in, staying home ill, going on vacation, or a variety of other reason for missing class. An absence does not count toward the eight if it is verified with a doctor's or other professional's note, if it is a school activity, or otherwise exempted through the administration. After the ninth absence, the student will lose credit for the respective courses and may have a hearing with the attendance committee.

Attendance issues, per the research, are one of the leading indicators of poor school performance. We understand that students must miss class and are not encouraging them to come to school while ill. However, we urge families to keep close track of their students' attendance records and make every effort to be in class whenever possible. If they must miss, it is important to communicate as soon as possible with the school attendance office.

I look forward to an outstanding 2018 and a great finish to the school year. If you want to keep up on all of the great things happening at the high school, add us on whatever social media platform suits you!

Go Dukes!

Lance Smith
Assistant Principal/Activities Director
@yhs_dukes on Twitter, Instagram, and Snapchat





2018 YEARBOOKS

Yearbooks are on sale!

Yearbooks are \$55 until
March 1st.

After March 1st — Yearbooks will be \$60.

Name stamping is an additional \$6.50.

DUKETTE PERFORMANCES

Dukettes perform at half-time of all boys' and girls' home basketball games.

Dukette Parent's Night is Friday, January 12th.

Guy/Girl Dukette dance performance will be on February 3rd.

Dukette Senior Night is Tuesday, February 6th.



WINTER BALL

The YAAD organization will be sponsoring a Winter Ball on Saturday, January 20th from 8:00-11:00 p.m. in the Cornerstone Wrestling Activities Center. \$5.00 a person. Doors close at 9:00 p.m.

York FFA Alumni & Friends

FFA Alumni play an important part in keeping agricultural education and FFA programs in our local schools. FFA relies on its alumni to garner support for FFA from their local communities, raise funds for chapter activities and scholarships, assist at FFA leadership camps and conferences, and more. You don't have to be a former FFA member to support or be a friend of FFA, agriculture education and the future of agriculture.

JOIN TODAY

Membership in the National FFA Alumni Association is open to anyone who is interested in supporting and promoting agricultural education and the FFA on the local, state and national level. If you are proud of FFA and want to help the local FFA members acquire knowledge and experience from agricultural education and FFA activities—

The FFA Alumni is for you!



For more information & to join call/text:

Amy Holthus 402-366-1236

Jen Hirschfeld 402-641-5776

Amy Vernon 402-694-8410

What Color Do You Bleed?

“DUKE BLUE”

Thank –you

**For helping us meet our
November Quota.**

**With your help we earned \$410
For Our Scholarship Fund**

**The York Fire Dept., York FFA, and
Community Blood Bank**

**Our Next Blood Drive is:
Thursday, January 25th
High School East Parking Lot
10:00 am till 3:00 pm**

**Step Up To Save Lives in
Our Community!!**

**Please call 402-641-6564
or 402-362-6655
to sign up and support this
Outstanding Community Project.**

NOTES FROM THE NURSES

Early Cold and Influenza Signs

The common cold typically begins with a sore throat, which can make swallowing and even talking difficult. This condition usually lasts for a couple days and is often joined by runny nose and chest congestion. Overall, these symptoms should only last somewhere between a few days and a week. Influenza, however, proceeds in a different way. For one, all of the symptoms above are more severe and they're joined by other issues—including fever, headache, muscle aches, and soreness. Importantly, the flu is often marked by vomiting and diarrhea, which are rare with the common cold. A prime differentiator between cold vs. influenza is that similar symptoms will come on and worsen gradually with a cold, compared to a influenza which hits suddenly and hard with the following symptoms...

- 1. Fever** - The initial sign that you have influenza, and not just a routine cold, will be a high fever that soars between 102- and 106-degrees Fahrenheit (or 38-degrees Celsius). Typically, children's fevers will be higher than adult fevers and can last 3 to 4 days before breaking.
- 2. Breathing Difficulty** - Congestion and stubborn coughing will often cause chest tightness, constricted nasal passages, and as a result restricted breathing that can become labored. Influenza can also make existing asthma or breathing issues worse.
- 3. Chills** - Periodic cold chills caused by sweating (particularly night sweats) as your fever comes and goes is very common with a nasty influenza as your body fights the illness and pushes it out of your body.
- 4. Headache** - Headache, or more commonly, nasal and sinus pain, due to congestion is very typical with influenza, which will worsen before it gets better.
- 5. Achy Muscles** - Aching muscles all over the body is very typical as influenza comes on. You'll especially notice muscle tenderness in the back, arms, legs, and chest (if you have a stubborn cough).
- 6. Cough** - Chest congestion that starts with a loose, hacking cough and develops into a persistent, dry cough is common with influenza. The persistent hacking can become severe and cause the throat and chest to be very tender.
- 7. Nasal Congestion** - Sinus and nasal congestion is common with influenza and a common cold. However, with influenza, the chances of it developing into bronchitis, pneumonia, or a sinus infection is much higher, and for young children and seniors, it can be life-threatening.
- 8. Fatigue** - Weakness that drains and completely exhausts you is common with influenza. Compared to a regular cold, influenza fatigue comes on rapidly and can last up to 2 or 3 weeks before your energy returns fully.
- 9. Sore Throat** - One of the most common symptoms of influenza is a sore throat, which can be described as burning or scratchy (particularly in the back of the throat). It may cause glands to swell and swallowing to become difficult.





What should I do if I get sick? Most people with influenza have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of influenza and are in a high risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).

Certain people are at high risk of serious influenza-related complications (<https://www.cdc.gov/flu/about/disease/complications.htm#complications>) (including young children, people 65 and older, pregnant women and people with certain medical conditions). If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor early in your illness. Remind them about your high risk status for influenza. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

Do I need to go to the emergency room if I am only a little sick? No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with influenza symptoms and are at high risk of influenza complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the influenza, you may catch it from people who do have it.

What are the emergency warning signs of influenza sickness?

In children Fast breathing or trouble breathing * Bluish skin color * Not drinking enough fluids * Not waking up or not interacting * Being so irritable that the child does not want to be held * Flu-like symptoms improve but then return with fever and worse cough * Fever with a rash

In addition to the signs above, get medical help right away for any infant who has any of these signs: Being unable to eat * Has trouble breathing * Has no tears when crying * Significantly fewer wet diapers than normal or not urinating much.

In adults Difficulty breathing or shortness of breath * Pain or pressure in the chest or abdomen * Sudden dizziness * Confusion * Severe or persistent vomiting * Influenza-like symptoms that improve but then return with fever and worse cough.

Are there medicines to treat influenza? Yes. There are drugs your doctor may prescribe for treating the flu called "antivirals." These drugs can make you better faster and may also prevent serious complications.

How long should I stay home if I'm sick? CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings.

What should I do while I'm sick? Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others. Drink plenty of fluids and rest. Over the counter medications like acetaminophen and ibuprofen can help. Foods and drinks with vitamin C help boost the immune system. Warm fluids like tea with honey or chicken / beef broth help to soothe the throat.



YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

January 2018



Special Points of Interest:

- *UNK Honor Band & Choir*
- *D&D Competition Season*
- *Kearney High Honor Band*
- *Central Conference Honor Band*
- *Band Booster Notes*



D&D COMPETITIONS

Second semester, the Dukes & Duchesses will begin their competition season. Please note there have been a couple changes in the dates.

February 2 - NCDA State Show Choir
Competition at Central City

February 16 - Wahoo Court of Champions

February 24 - Islander Invitational at Grand
Island Senior High

March 3 – The Rock at Lincoln Northeast

We love to see as many parents, families and friends there as possible. We really appreciate your support.

CENTRAL CONFERENCE HONOR BAND

Senior High Band students in grades 9-12 are eligible to audition for this year's Central Conference Honor Band to be held at Holdrege High School on Monday, March 19th. Audition recordings must be submitted to the judges by Wednesday, January 31st.

KEARNEY HIGH SCHOOL UNDERCLASSMEN HONOR BAND DAY

Jason Franklin-(Trumpet) was selected to participate in the KHS Wind Ensemble and Jacob Howe-(Tuba) was selected as a member of the KHS Symphonic Band for their "2018 Underclassmen Honor Band Day." Dr. Karen Fannin from the University of Nebraska-Omaha and Rex Barker from Midland University will be this year's clinicians. They will rehearse on Monday, January 15th and perform a final concert at 6:00 p.m. in the Kearney High School Concert Hall.

UNK CHORAL CLINIC

On Monday, January 22nd six students will be going to the University of Nebraska at Kearney to participate in the Honor Choir Clinic. The day will conclude with a concert at 6:00 p.m. in the UNK Health and Sports Center. Admission for the concert is \$3.00.

Congratulations to the following students.

Students participating in the Honor Choir:

Kaitlyn Ericson, Holly Rockenbach and Chloe Rice

Student participating in the Festival Choir: Kennedy Cool

Students participating in the Women's Choir:

Alyssa Gilliland and Emily Baldridge

Parents of these students, please be watching for more information as the event gets closer.

UNK HONOR BAND DAY

Four Senior High Band members were chosen by audition to attend this year's "University of Nebraska-Kearney Honor Band Day" to be held on Monday, January 22nd. Anthonie Gomez-(Alto Saxophone) and Jason Franklin-(Trumpet) will perform in the Festival Band under the direction of Terry Rush. Ross Fraser-(Trombone) and Ty Schneider-(Trombone) were selected to the Honor Band under the direction of Dr. Duane Bierman, Director of Bands at UNK. They will rehearse during the day and present a final concert at 5:30 p.m. in the UNK Health and Sports Center.

BAND BOOSTER NOTES

Friends & Family Night - January 9th —
KFC/Taco Bell — 5:00-8:00 pm

YHS Band Boosters receive 10% of the net sales.

Band Parents: A special thank you for those who helped out in any way to make our Annual Band Booster Soup Supper such a success. From sending in desserts, serving soup/drinks, washing dishes, donating carrots/celery, and clearing/cleaning tables - we THANK YOU!!

Band Parents: Please consider volunteering to be on the Band Boosters Board. We are in need of President, Vice President, and Treasurer. If you would like to know more about the positions/responsibilities, please contact Penny Jacobsen - 366-9457 or email penny.jacobsen@yorkdukes.org. It is light work when everyone helps out. We will have elections in March.



COUNSELING NEWS

LOCAL SCHOLARSHIPS

Counselors will be talking to seniors some time in January about the application process for the local scholarships. A list of these scholarships will be available to them. The instructions and the application itself are available on the school website at www.yorkpublic.org and can be downloaded for students to fill out and then print. Handwritten applications will NOT be accepted, so students without computer access should come to the counseling office for help.

To apply, students must submit scholarship application packets which consist of a cover letter, application and two recommendation letters to the Counseling Office. **These will be due on or before 4 p.m. on FRIDAY, FEBRUARY 9. EARLY applications are encouraged.** (Applications turned in early can be reviewed by the counseling staff and the student given the opportunity to correct errors; applications turned in on the deadline date will be accepted as is.) TO RESPECT THE COMPETITIVE COMPONENT OF THE SCHOLARSHIP PROCESS, INCOMPLETE OR LATE APPLICATIONS WILL NOT BE PROCESSED.

SENIORS – COLLEGE FINANCIAL AID:



We are excited to have 44% of the Class of 2018 have their FAFSA completed and submitted. Great job! If you/your student has not yet completed the FAFSA, we invite you to contact EducationQuest at 800-303-3745 to make a FREE appointment if you wish to have them assist you with this.

A tutorial of how to fill out the FAFSA is available on the EducationQuest website if you need help at www.educationquest.org. Feel free to call with questions at any of their offices: Kearney (1-800-666-3721), Lincoln (1-800-303-3745) or Omaha (1-888-357-6300).

EducationQuest has informed us that colleges and the FAFSA request that you submit your taxes electronically to prevent delays in getting your financial aid package. The FAFSA application now has an "IRS Data Retrieval Tool" that you will click on to retrieve your tax returns and "drop" them into your application. We recommend using this step because at many colleges the financial aid process includes randomly auditing 1 of every 6 student's tax information, they will request this be submitted electronically, DIRECT from the IRS. This will delay your financial aid due to the high volume of financial aid filings. Using the new process, you will NOT be audited and can receive your financial aid ahead of those that chose not to use this step. This method is listed as *optional* on the FAFSA application but, as you can see, it is certainly to your benefit to apply this way. Federal money is always first come, first served so apply early.

NOTE: *Even if you think you won't qualify for a PELL grant or other government programs you still need to fill out the FAFSA to receive any college loans, colleges use the FAFSA to determine how much money they will loan you. This is just part of the financial aid process.*

FEBRUARY 1 REMINDER: The Susan Buffett Thompson Foundation scholarship requires all information be submitted electronically, as well. Student Aid Reports (results from FAFSA) can take 2 to 3 weeks to be compiled. This scholarship has a deadline of February 1 at 5:00 PM CT. You must have your Student Aid Report (SAR) prior to the February 1 deadline also.

ACT TEST – Please see the counseling office if you think you may qualify for a fee waiver.

TEST DATE – February 10	REGISTRATION DEADLINE – January 12
TEST DATE – April 14	REGISTRATION DEADLINE – March 9
<i>(On To College--Baylor Test Prep available for the April test)</i>	
TEST DATE – June 9	REGISTRATION DEADLINE – May 4
TEST DATE – July 14	REGISTRATION DEADLINE – June 15

****ALL JUNIORS WILL TAKE THE ACT TEST AT YORK HIGH SCHOOL ON APRIL 3.**


SENIORS – FEBRUARY ACT

Seniors are encouraged to take the February ACT test if they have chosen a private college. Many private colleges will still accept February scores for scholarship consideration. Check with your private college choice to determine if they will accept them.

ACCUPLACER TEST SCORES

The ACCUPLACER test was given at the high school this fall. Those students received their scores right away and the school received a copy for their files. Students who took the test at York High and have, or plan to, apply at a community college should request a transcript and these scores from the counseling office. Seniors who took this test at a community college need to request their scores from *that* college. The counseling office can help you with this. **REMINDER:** Students need to apply by March 1 to be eligible for scholarships at most community colleges AND take the ACCUPLACER by then.

DUAL CREDIT CLASSES – PERU

 Registration for second semester dual credit classes through Peru State College will be done online some time mid-January. We will assist students with this during school hours. Students will be billed for these classes directly from Peru so be watching your mail for this at a later date. To help you in planning, tuition payment for dual credit classes through Peru State College are \$60 per credit hour for all classes (\$180 per class except biology which has a lab component and is therefore \$240). There is also a one-time \$15 matriculation fee for each "new" student. For each class there is also a \$30 materials fee payable to YHS. (The \$30 materials fee per class will need to be paid to YHS by Wednesday, January 31 (check payable to YHS or cash). Call Mrs. Stuhr if questions.

WILSON SCHOLARSHIP

York High School students are fortunate to be eligible to apply for the \$1,250 Warren and Velda Wilson scholarships. Application information will be shared with seniors early in January. The initial applications will be due Wednesday, January 17.

CAMPUS VISITS

Reminder that senior students have TWO exempted days to make college campus visits. These opportunities are so important for students as they explore and narrow down their college options. Please take advantage of these days. If you need help coordinating these visit days, let Mrs. Stuhr know.

OUTSIDE AND COLLEGE SCHOLARSHIPS

Please remember to bring copies of your scholarship information from colleges or other outside scholarships to Mrs. Stuhr so this can be compiled and announced during Honors Night and at graduation. ANY scholarship awarded, whether you accept or use it or not, is important to us so please share this information!

DUKE GRADUATE BOARD

We appreciate posting the senior photos of students along with the information of what their plans are for the future. Please share a photo with Mrs. Stuhr as soon as possible so we can "brag" about your child and what's ahead for their post-YHS years! 😊



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.

Digital Drama

When it comes to discussing social media, it's important that adults and kids speak the same language. What grown-ups think of "cyberbullying" might be explained away by kids as "digital drama." But it's not trivial. Digital drama brews in the offline world and simmers online when kids feel emboldened to say or do things that they wouldn't face-to-face. Checking in with kids and observing them as they interact with technology can ensure your conversations are productive and helpful.

- **Ask how they are ... then ask again.**

It may seem simple, but ask your kids how they are doing on a daily basis. Also, watch for telltale signs that they are suffering from digital drama — a change in mood or behavior — as your kids interact with their phone and other devices. They may be absorbing subtle social messages in not-so-healthy ways. Ask lots of questions to determine how your kids view media and interact with technology. What are their favorite tools? Why do they value technology? What are some benefits as well as pitfalls of our 24/7 world?

- **Hit the pause button.**

If your child is on the receiving end of someone else's hurtful online behavior, encourage him to "take it offline." It may be tempting to continue the conversation online; however, face-to-face can be more constructive. The lack of body language, facial expressions, and tone with online communication easily can lead to misunderstandings. Encourage kids to "walk in another's shoes" to make sure that they are considering all perspectives. At the very least, "taking it offline" will give your child time to process how to act — rather than just react.

- **Read between the lines.**

With the popularity of photo sharing, kids often receive evidence that they were not included ... which then leads to feelings of exclusion. Imagine your child seeing a photo of friends at dinner and realizing that she was not invited. While it is true that no one is included in everything, it is a hard rite of passage for kids to learn — and often they just need a sympathetic ear or an alternative social activity. Unfortunately, some kids use online photos to intentionally tag the kids who weren't invited — a not-so-subtle message of exclusion. In these cases, let your children know that they are supported, and talk about strategies to mend a rift or dispel a fight.



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 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches	5 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
8 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Pineapple	9 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Applesauce	10 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Fresh Orange	11 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Mixed Fruit	12 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears
15 NO SCHOOL	16 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	17 A. Oatmeal with Topping Bar B. Cereal Choices and Toast Juice Choices Apple Wedges	18 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce	19 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Sliced Peaches Juice Choices
22 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	23 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	24 A. Waffles with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit	25 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	26 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
29 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	30 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Pineapple	31 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges		

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.

YORK HIGH SCHOOL (9-12)

LUNCH MENU JANUARY 2018

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: Epic Meltdowns

A Monthly Featured Entree

Available on the menu day indicated, Epic Meltdowns are your classic grilled cheese, elevated to a new level with amped-up ingredients, flavors and tastes. Enjoy!!



My Choices: Chef Day

Chef Mitch 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 this entrée.

Lunch Meal Prices & Extras

HS Lunch	\$2.85	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Milk	\$0.45
Adult Lunch	\$3.55	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 HAPPY NEW YEAR	2 NO SCHOOL	3 NO SCHOOL	4 Home-style Beef Goulash and Garlic Breadstick	5 Mexi Tots with Dinner Roll Golden Corn
8 Chicken Fajitas Refried Beans	9 Chicken Nuggets Green Beans Frosted Cinnamon Roll	10 Baked Breaded Beef Fingers & Dinner Roll Mashed Potatoes with Gravy	11 Spaghetti with Meat Sauce and Garlic Breadstick	12 Beef & Bean Burrito Roasted Carrots
15 NO SCHOOL	16 Chinese Tacos Steamed Carrots Pineapple Slaw Cinnamon Breadstick	17 BBQ Pork Sliders BBQ Beans	18 Epic Meltdown: Meatball Grilled Cheese Golden Corn	19 Cuban Hot Dog Mixed Vegetables Chocolate chip Cookie
22 Pancakes, Scrambled Eggs & Sausage Potato Triangle	23 Macaroni & Cheese & Dinner Roll Peas Carnival Cookie	24 Cheese Quesadilla and Beef Enchilada Soup Zesty Black Beans	25 Mini Corn Dogs Green Beans Sugar Cookie	26 Hot Ham & Cheese Sandwich Golden Corn
29 Scalloped Potatoes & Ham & Dinner Roll Green Beans	30 Taco in a Bag Chili Lime Corn Cinnamon Bread Stick	31 Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy		

Chef Day

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 Beef
T - Hot Hawaiian or Taco
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
M-F Uncrustable, String Cheese & Goldfish Crackers

Questions or Comments? Contact Mitch Novak, Food Service Director at 402-363-9169 or m.novak@lunchtimesolutions.com

The institution is an equal opportunity employer and provider.

LSI Lunchtime Solutions, Inc.

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO SCHOOL Christmas Break	2 GBB @ Gretna JV-4:30/6:00 pm BBB @ Gretna JV-4:30/V-7:30 pm	3 Teacher Flex Day	4 School Resumes 9 G/B BB-Home vs. GINW (Secondary Gym) G-6:00/B-7:30 pm	5 WR @ Ashland- Greenwood Invitational V-5:30 pm WR @ Tri County (Dewitt) - JV-2:00 pm	6 GBB-Home vs. GINW JV-4:30/V-6:00 pm BBB-Home vs. GINW JV-4:30 (Secondary Gym) V-7:30 pm
	New Year's Day					
7	8 9 G/B BB-Home vs. Seward (Secondary Gym) G-6:00/B-7:30 pm One-Act Runner-Up Medal Ceremony - 7:00 pm - Theater Board of Education Meeting	9 GBB-Home vs. GICC JV-4:30/V-6:00 pm BBB-Home vs. GICC JV-4:30 (Secondary Gym) V-7:30 pm	10 Early Student Dismissal 2:03	11 WR @ Gretna Tri w/Omaha Skutt (JV/V) - 5:00 pm 9 G/B BB-Home vs. Grand Island Sr. High (Secondary Gym) - G-5:00/B-6:30 pm	12 GBB-Home vs. Crete JV-4:30/V-6:00 BBB-Home vs. Crete JV-4:30 (Secondary Gym) V-7:30 pm Dukette Parent's Night	13 WR @ Lincoln North Star Invitational (JV) - 9:00 am WR @ Nebraska City (V) 10:00 am Speech Meet CNFL @ Grand Island
14	15 NO SCHOOL MLK In-Service Day 9 G/B BB-Home vs. Crete (Secondary Gym) G-6:00/B-7:30 pm Kearney High Underclassman Honor Band Day	16 GBB @ Norris JV-4:30/V-6:00 pm BBB @ Norris JV-4:30/V-7:30 pm	17 Early Student Dismissal 2:03 District FFA Leadership Skills Event @ Holthus Convention Center	18	19 WR @ Gothenburg Invitational (V) - 2:00 pm WR @ Plattsmouth Invitational (JV) - 4:30 pm GBB @ Fairbury JV-4:30/V-6:00 pm BBB @ Fairbury JV-4:30/V-7:30 pm	20 Speech Meet @ Lincoln Southwest YAAD Winter Ball 8:00-11:00 pm - Cornerstone Wrestling Activities Center
21	22 G/B BB Central Conference Tournament (V) 1st Round - TBD UNK Honor Band and Choir Clinic Board of Education Meeting	23 G/B BB Central Conference Tournament (V) Quarterfinals - TBD	24 Early Student Dismissal 2:03	25 BBB Central Conference Tournament (V) Semifinals - TBD 9 G/B BB-Home vs. Hastings (Secondary Gym) - G-6:00/ B-7:30 pm Blood Drive -10:00-3:00 - East Parking Lot	26 GBB Central Conference Tournament Semifinals (V) - TBD WR @ Fairbury Invitational (JV) - 1:00 pm	27 Speech Meet @ Kearney G/B BB Central Conference Tournament Finals (V) TBD WR @ Omaha Skutt Invitational (V) - 9:00 am
28	29 9 G/B BB @ GINW G-6:00/V-7:30 pm 10 BBB @ Aurora - 7:00 pm	30	31 Early Student Dismissal 2:03			