



# DUKE NEWS

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March 2018

Volume XXXII Number 7

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***Dr. Mitch Bartholomew***

Principal

***Lance Smith***

Assistant Principal/Activities Director

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## **FROM THE PRINCIPAL'S OFFICE —**

### **TRI COUNTY CAREER FAIR**

On March 20<sup>th</sup>, several York High School students will have the opportunity to attend the Tri County Career Fair at the Holthus Convention Center. This career fair program is developed by Bre Goben from the York County Development office and several educators from the York area. This is a great opportunity for students to hear from professionals from several different companies.

Each year the career focuses on six different career clusters – Agriculture, Food and Natural Resources – Communications and Information Systems – Skilled and Technical Sciences – Health Services – Human Services and Education – Business, Marketing and Management. We are also fortunate to have several York professionals that are volunteering their time to discuss career opportunities in these important areas. Some of these are: Darin Doerr – Pioneer Branch Manager, Taylor Siebert – CEO Striv Tv, Jack Leiting – Service Manager Truck Center Companies, and Angie Kroger – Math teacher at YHS.

I'm also excited for our students to listen to the keynote speaker Mary Eisenhower, CEO of People to People International. Mary is the granddaughter of U.S. President and First Lady Dwight and Mamie Eisenhower. Eisenhower's professional experience includes work on Capitol Hill, managing an engineering firm, time as a fellow at Stanford University, and extensive travel around the world on diplomatic and humanitarian trips.

Mitch Bartholomew  
Twitter-@MitchBartYHS

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

March marks the beginning of the spring activity season. I would like to take a moment to congratulate everyone on a great winter season and say good luck to those teams with contests remaining. The spring can be a crazy time for activities and end-of-the-year events. Here are a few helpful reminders:

1. **Do not rely totally on the printed calendars** – Things happen throughout the year that cause us to change dates and times of events, plus the weather can cause many changes in the spring. The best resource is the online calendar at [centralconference.org](http://centralconference.org)
2. **Follow us on social media** – Schedule changes and announcements are always posted to social media immediately. Follow @YHS\_Dukes (high school) and @YorkDukePower (district)
3. **Plan ahead with activity conflicts** – Students that participate in multiple activities may find that they have conflicts between events on the same day. As much as we try to catch those early, we rely on students and parents to communicate and plan accordingly. We DO NOT have a policy regarding which events take priority. Those are handled on a case-by-case basis. Early is always better.

### Important Activity Dates

- \* Start of spring practice – February 26
  - \* Spring parents meeting – March 6 in the high school cafeteria
  - \* Spring sports pictures – March 7 at 2:15 pm in the main gym
  - \* Spring break – March 8 through March 12
  - \* All-school play try-outs – March 27 & 29
- \*\*\*The York Tennis Invite will be on March 29 due to Good Friday being on March 30\*\*\*

### Attendance Items

It is important to understand the YHS attendance policy. We try to have it in this newsletter several times per year. A student is allowed 8 absences per semester per class. This does not include when they have a doctor's note, school activity, or some other exempted events. When they go beyond 8, they lose credit for those particular classes. After 15 absences for the year, the school has been asked to refer those cases to the county attorney for additional resources. If you have any questions about this policy, you may call the high school office.

Go Dukes!  
Lance Smith  
Assistant Principal/Activities Director  
@yhs\_dukes on Twitter, Instagram, and Snapchat

### SPRING ACTIVITIES MEETING



Our meeting for athletes involved in spring activities will be on Wednesday, March 7th at 7:00 p.m. in the gym commons. Parents and student-athletes will meet with Mr. Smith from 7:00-7:15 p.m. to discuss rules, regulations, and philosophy. From 7:15-8:00 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.

### 2018-19 TRANSPORTATION REGISTRATION

Students must register prior to the deadline every year in order to ride the bus the first week of school. The deadline for the 2018-2019 school year is July 27, 2018. The transportation registration form is included in this newsletter and is also available at the high school office. Completed forms can be turned in to the high school office or the Bus Barn at 2904 Enterprise Ave. Thank you for registering early!





## SUMMER DRIVER'S EDUCATION DATES

We are planning on offering summer driver's education again this summer. We will be offering **2 sessions**. Both sessions will be from 8:00 a.m. to 1:00 p.m. Our first session will run from **Monday, June 4th through Thursday, June 7th**. The second session will run from **Monday, June 11th through Thursday, June 14th**. Students must have a permit (Learners or School permit) by August 1 to be able to complete the driving portion of the class. PLEASE NOTE: Sign up is on a first come-first serve basis. If you have a special need to get into one of these sessions, please make arrangements to do so early.

Driver's Education courses will offer classroom instruction and behind-the-wheel training. The cost is \$300.00 for in-district and \$350.00 for out-of district students. If you are interested, please contact the high school office. **The deadline for signing up and payment will be Friday, May 4th**.

## ATHLETIC BOOSTER CLUB NOTES

**The 2018 Athletic Sports Banquet event is quickly approaching as we are entering spring sports. Eric Eckert of the York News Times will be creating the Video/Slideshow this year for the event and we would like ALL Athlete Parents to submit their photos to the York News Times Email below to be considered for inclusion in the video for this years banquet.**

Please email to: [online@yorknewstimes.com](mailto:online@yorknewstimes.com)

**FALL/WINTER/SPRING COACHES:** Please reach out to your varsity and senior parents to submit one or more photos to be considered!!!

We want to ensure that varsity and seniors are all recognized.

Congratulations to our wrestlers for a great finish at state! Way to Go!!! The whole team should be congratulated for another great season and for representing York well throughout the state. You all have worked so hard and it shows! It has been a great winter season for all of Duke Nation!!!! Congrats to All of the members of York Duke wrestling!

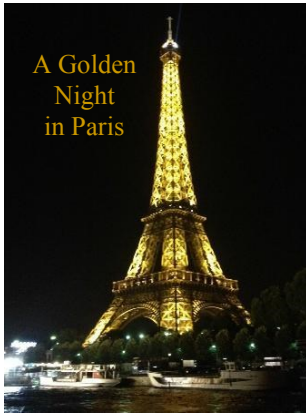
Our Duke boys and girls basketball teams are winding down their seasons and had a great run to finish out their regular seasons prior to post-season play! We will all look forward to cheering you on at state! Finish strong!! Both Boys and Girls are having a great season!!!

Spring sports have started and with that comes buttons! All Spring sports pictures will be taken on Wednesday, March 7th!!! Coaches will be handing out Button Order Forms and they will also be available in the high school office. If you want buttons, please have your student-athlete turn the form in to the office or to the photographer when their picture is taken. We are also gearing up for the Yowell Track meet and looking for volunteers once again to help feed the officials and coaches and to man the many track and field events that day. Please contact Kerry Conner (402-363-2383), Stacy Kohmetscher (402-366-3499) or Barb Ivey (402-363-8128) or any Booster Club member, if you are able to help during this annual one day event. **THE DATE IS SATURDAY, APRIL 21<sup>st</sup>!!!!**

This year's Athletic Booster Banquet will be **FRIDAY, MAY 4<sup>th</sup>!!!!** Tickets will be available prior at the High School Office as we approach the event!! This is OPEN to the public and all are welcome to attend and celebrate the success of the York High School Athletics during the 2017/2018 Season!!!!

York Athletic Booster Club

**Go Dukes!!**



## A GOLDEN NIGHT IN PARIS

Juniors and Seniors at York High School are invited to this year's prom, "A Golden Night in Paris", April 7th. This year's prom will be held at the Holthus Convention Center.

Tickets for seniors are \$15; Juniors and other guests are \$20. Tickets may be purchased in the York High School office, and photo reservations can be made at the time tickets are purchased. Tickets and photo reservations will be available in the York High School office starting on March 5.

Doors will be opened at 6:30 p.m., and students must have their tickets to enter. The meal will be served at 7:00 pm with coronation following at 8:15 p.m. After coronation is complete, the dance will begin and go until 11:00pm.

Students will not be allowed to enter after 7:30 p.m., and once a student leaves prom, they will not be allowed to re-enter.

Parents are invited to coronation of this year's Duke and Duchess as well. The ceremony will begin at 8:15 pm; doors for the parents will open at 8:05 p.m. Limited seating will be available during the ceremony.

### 2018 YEARBOOK PARENT ADS

A letter went home to all Senior parents with information about Parent Ad space in the 2018 Yearbook. A picture and short message is \$45. Please contact Mrs. Burger with any questions. All Parent Ads must be submitted by March 30th. No late Ads can be accepted.

### SPRING SPORTS PICTURES

**Wednesday, March 7** - Gym  
Boys Golf - after school  
Girls Soccer - after school  
Boys Soccer - after school  
Girls Tennis - after school  
Track - after school

### NOTICE FOR PARENTS-COMMERCIAL RECOGNITION PROGRAMS

Each year about this time, some commercial programs are contacting our students (SENIORS IN PARTICULAR) regarding the publication of student names for recognition in commercial publications at an expense to the student. THE SCHOOL DISTRICT OF YORK DOES NOT AND WILL NOT PROVIDE ANY STUDENT DIRECTORY INFORMATION TO ANY BUSINESS OR CORPORATION WHO HAVE THE POTENTIAL TO PROFIT FROM THE USE OF SUCH INFORMATION.

#### 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.

# YORK HIGH SCHOOL MUSIC DEPARTMENT NEWS!

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MARCH 2018



## Special Points of Interest:

- District Music Contest Prep
- Upcoming Performances
- Auditions
- Central Conference Honor Band

## YMS MUSICAL *BEAUTY AND THE BEAST JR.*

The YMS Vocal Music Department rehearsals for the musical *Beauty and the Beast Jr.* are underway. They will present the show on Thursday, March 15th and Friday, March 16th at 7:00 p.m. in the York High School theater.

## AUDITIONS!!

Auditions for Chamber Singers and Dukes & Duchesses will be held toward the end of April.

Chamber Singers is a mixed ensemble of auditioned singers that meet during the school day.

Dukes & Duchesses is a group of singers and dancers who will be selected by audition and meet before school.

If you are interested in either ensemble, please be watching for audition information and materials.

Questions can be directed to Mrs. Wagner.

## D & D COMPETITION

D&D had a very successful competition season! They received a GOLD at the NCDA Show Choir Festival in Central City by scoring 180+ points in class A. They were 5th Runner Up at Wahoo's Court of Champions

## DISTRICT MUSIC CONTEST

While April 19th and 20th still seems to be a long way off. We are beginning to plan for District Music Contest, which is held at Norris High School. Any choir student who is considering doing a solo, duet or being involved in a small ensemble, please let Mrs. Wagner know you are interested. We will begin looking at music possibilities and start rehearsal within the next few weeks.

## MEN'S CHOIR

It has become a fun tradition to form a men's choir for the final choir concert of the year. The pops concert is Tuesday, May 8th in the YHS Theater.

We would love to have men of all ages and experience join us. We will have rehearsals on Tuesday mornings at 7:00 a.m. and Thursday evenings at 6:00 p.m. beginning April 3rd. You don't have to come to all rehearsals, just the time that works best for you!

If you have any questions, please email Mrs. Wagner at [jessica.wagner@yorkdukes.org](mailto:jessica.wagner@yorkdukes.org).

## CENTRAL CONFERENCE HONOR

Six Senior High Band students completed the audition process for this year's Central Conference Honor Band and those selected to participate are Jason Franklin-Trumpet, Ann Magner-French Horn, Ross Fraser-Trombone, and Rylie Krause-Percussion.

Students rehearse during the day in Holdrege on Monday, March 19<sup>th</sup> and present a final concert beginning at 7:00 p.m. at "The Tassel" Performing Arts Center. Clinician for the event will be Dr. Gary Davis, retired Director of Bands from the University of Nebraska-Kearney. There is no admission charge for the concert, see you there!

## **COUNSELING CENTER NEWS**

### **SUMMER SCHOOL CLASSES FOR CREDIT RECOVERY**

Summer school classes for credit recovery will be available at the Enrichment Center. This is only offered through the month of June to students who are at risk of not meeting York High School's graduation requirements. Space is limited and priority will be given to seniors and juniors. There will be a \$100 fee (per class) for making up a class. Parents of upperclassmen failing a required class will receive a letter with summer school details, as well as parents of underclassmen failing three or more classes.

### **ACT TEST PREP**

The John Baylor Test Prep program will be offered again to coincide with the April ACT. As a reminder, the cost will be \$75 for this session unless students took the October or December sessions. This is open to all students. Sessions will run approximately 45 minutes and will take place during the lunch hour. Students should plan to bring their lunch as no time will be available to leave campus. Sessions will be supervised and attendance will be taken, however students are responsible for their own effort, attitude and behavior. Dates for this course are: March 22 - April 13. Students may sign-up in the counseling office when posted in the daily announcements.

### **ACT TEST DATES**

#### **TEST DATE**

April 14  
June 9  
July 14

#### **REGISTRATION DEADLINE**

March 9  
May 4  
June 15

### **JUNIORS STATE-WIDE ACT**

As you may be aware and have heard by now, all YHS juniors will take the ACT test at York High School on Tuesday, April 3. They will report to school between 7:30 and 8:00 AM.



### **SCHOLARSHIPS**

Although our local scholarship application process is over, there are still several other scholarships for which seniors can apply. Check the school website [www.yorkpublic.org](http://www.yorkpublic.org) and go to High School, Counseling Center. Also check college websites for department scholarships or national organizations on FastWeb.

### **HONORS NIGHT**

We're looking ahead to Honors Night 2018. This is scheduled for Monday, April 16, in the YHS theatre, beginning at 7:00 PM. This is a fabulous evening of celebrating our students







### **DUALCREDIT (SENCAP) THROUGH SCC**

Career Academy classes through Southeast Community College are an excellent option for juniors and seniors to experience a vocational area to see if it could be a potential college interest ... or not! If your child is interested in a dual credit class or two (high school and college credit), now is the time to visit with his/her counselor. Education, health sciences, agriculture, information technology, criminal justice and green energy are just some of the areas covered in this successful program. Some courses are taught at YHS by our teaching staff and others are available online. Registrations will be due in early April, so NOW is the time to learn more!

### **SENIOR PICTURES AND SCHOLARSHIPS**

We are proud of our seniors and look forward to celebrating them by putting senior pictures on our Duke Graduates board in the Counseling office. We also record all scholarships offered from colleges (whether your senior chooses to attend those colleges or not). Please submit a photo and college scholarship offers to Mrs. Stuhr SOON!

### **SCAVENGER HUNT**

How about a scavenger hunt for a chance to win \$500 for college? Apply by March 31 by completing a profile in ScholarshipQuest at EducationQuest.org. If you're a Nebraska resident in grades 9-12, you'll see the EducationQuest Scavenger Hunt Scholarship as one of the scholarships for which you're eligible to apply. "Scavenge" around the EducationQuest website to find the answers to questions in a survey. A winner will be drawn from those who answer all questions correctly and this winner will receive \$500 to invest in a NEST 529 College Savings Plan account.



## **YORK FFA CHAPTER**

York AG ED Celebrating 101 Years  
York FFA Chapter Celebrating 90 Years

### **Congratulations**

**Colby Andersen**  
**Bryce Danielson**  
**Leon Linhart**  
**Carlos Munoz**  
**Samantha Reorda**  
**Genevieve Tonniges**  
**Donovan Buss\***

**For Earning the State FFA Degree**

### **Congratulations**

For Being a District FFA Proficiency Award  
Winner and Being Declared as:

#### **Gold-State Finalist**

Sam Reorda  
Veterinary Science

Donovan Buss  
Forage Production  
& Diversified Livestock Production

Genevieve Tonniges  
Agriculture Education

**Congratulations**  
**Donovan Buss**  
**State Star Candidate**  
**in**  
**Ag Placement**



### **Fire Alarm Battery Check**

**for Elderly**

**Wednesday, March 21st**

**2:30 pm till 6:30 pm**

**By**

**York FFA and Fire Department**

**Call to set up an appointment**

**308-379-1651**

**York FFA's Greenhouse**

**Opens April 1st**

**3:30-5:30 M-F**

**9:00-1:00 Sat.**

**The Greenhouse is almost full!**



**Again we will be hosting container potting**

- \* You bring your container
- \* Select the plants you like
- \* We will help you plant your container
- \* We will grow your container until freeze warnings have passed.

**Accepting Containers now!!**

**Call or Text:**

**Jason Hirschfeld: 402-366-5231**

**Cal Williams: 402-641-6564**



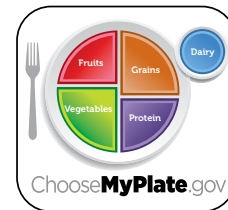
# 10 tips

Nutrition Education Series



## choose the foods you need to grow

### 10 tips for teen guys



**Feed your growing body by making better food choices today as a teen and as you continue to grow into your twenties.** Make time to be physically active every day to help you be fit and healthy as you grow.

#### 1 get over the idea of magic foods

There are no magic foods to eat for good health. Teen guys need to eat foods such as vegetables, fruits, whole grains, protein foods, and fat-free or low-fat dairy foods. Choose protein foods like unsalted nuts, beans, lean meats, and fish. SuperTracker.usda.gov will show if you are getting the nutrients you need for growth.



#### 2 always hungry?

Whole grains that provide fiber can give you a feeling of fullness and provide key nutrients. Choose half your grains as whole grains. Eat whole-wheat breads, pasta, and brown rice instead of white bread, rice, or other refined grains. Also, choose vegetables and fruits when you need to “fill-up.”

#### 3 keep water handy

Water is a better option than many other drink choices. Keep a water bottle in your backpack and at your desk to satisfy your thirst. Skip soda, fruit drinks, and energy and sports drinks. They are sugar-sweetened and have few nutrients.



#### 4 make a list of favorite foods

Like green apples more than red apples? Ask your family food shopper to buy quick-to-eat foods for the fridge like mini-carrots, apples, oranges, low-fat cheese slices, or yogurt. And also try dried fruit; unsalted nuts; whole-grain breads, cereal, and crackers; and popcorn.

#### 5 start cooking often

Get over being hungry by fixing your own snacks and meals. Learn to make vegetable omelets, bean quesadillas, or a batch of spaghetti. Prepare your own food so you can make healthier meals and snacks. Microwaving frozen pizzas doesn't count as home cooking.



#### 6 skip foods that can add unwanted pounds

Cut back on calories by limiting fatty meats like ribs, bacon, and hot dogs. Some foods are just occasional treats like pizza, cakes, cookies, candies, and ice cream. Check out the calorie content of sugary drinks by reading the Nutrition Facts label. Many 12-ounce sodas contain 10 teaspoons of sugar.

#### 7 learn how much food you need

Teen guys may need more food than most adults, teen girls, and little kids. Go to [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov). It shows how much food you need based on your age, height, weight, and activity level. It also tracks progress towards fitness goals.



#### 8 check Nutrition Facts labels

To grow, your body needs vitamins and minerals. Calcium and vitamin D are especially important for your growing bones. Read Nutrition Facts labels for calcium. Dairy foods provide the minerals your bones need to grow.

#### 9 strengthen your muscles

Work on strengthening and aerobic activities. Work out at least 10 minutes at a time to see a better you. However, you need to get at least 60 minutes of physical activity every day.



#### 10 fill your plate like MyPlate

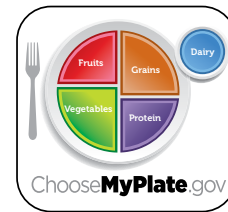
Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more easy tips and science-based nutrition from the Dietary Guidelines for Americans ([www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov)).

# 10 tips

Nutrition Education Series



## eat smart and be active as you grow



### 10 healthy tips for teen girls

**Young girls, ages 10 to 19, have a lot of changes going on in their bodies.** Building healthier habits will help you—now as a growing teen—and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

#### 1 build strong bones

A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.



#### 2 cut back on sweets

Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar in them. Drink water when you are thirsty. Sipping water and cutting back on cakes, candies, and sweets helps to maintain a healthy weight.

#### 3 power up with whole grain

Fuel your body with nutrient-packed whole-grain foods. Make sure that at least half your grain foods are whole grains such as brown rice, whole-wheat breads, and popcorn.



#### 4 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. Try acorn squash, cherry tomatoes, or sweet potatoes. Spinach and beans also provide vitamins like folate and minerals like potassium that are essential for healthy growth.



#### 5 check Nutrition Facts labels for iron

Read Nutrition Facts labels to find foods containing iron. Most protein foods like meat, poultry, eggs, and beans have iron, and so do fortified breakfast cereals and breads.

#### 6 be a healthy role model

Encourage your friends to practice healthier habits. Share what you do to work through challenges. Keep your computer and TV time to less than 2 hours a day (unless it's school work).

#### 7 try something new

Keep healthy eating fun by picking out new foods you've never tried before like lentils, mango, quinoa, or kale.

#### 8 make moving part of every event

Being active makes everyone feel good. Aim for 60 minutes of physical activity each day. Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.



#### 9 include all food groups daily

Use MyPlate as your guide to include all food groups each day. Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

#### 10 everyone has different needs

Get nutrition information based on your age, gender, height, weight, and physical activity level. Use SuperTracker to find your calorie level, choose the foods you need, and track progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

**SuperTracker**



## 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. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast  Juice Choices Sliced Peaches	2 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Applesauce
5 A. French Toast Sticks B. Cereal Choices and Toast  Juice Choices Pineapple	6 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast  Juice Choices Applesauce	7 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast  Juice Choices Fresh Orange	8  <b>NO SCHOOL</b>	9  <b>NO SCHOOL</b>
12  <b>NO SCHOOL</b>	13 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Pineapple	14 A. Yogurt with Goldfish Crackers B. Cereal Choices and Toast  Juice Choices Apple Wedges	15 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast  Juice Choices Applesauce	16 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Sliced Peaches Juice Choices
19 A. Ultimate Breakfast Round B. Cereal Choices and Toast  Juice Choices Apple Wedges	20 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast  Juice Choices Pineapple	21 A. Pancakes with Syrup B. Cereal Choices and Toast  Juice Choices Mixed Fruit	22 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Pineapple	23 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast  Juice Choices Applesauce
26 A. Breakfast Pizza B. Cereal Choices and Toast  Juice Choices Applesauce	27 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast  Juice Choices Pineapple	28 A. Iced Long John B. Cereal Choices and Toast  Juice Choices Apple Wedges	29 A. Breakfast Sliders B. Cereal Choices and Toast  Juice Choices Sliced Pears	30  <b>NO SCHOOL</b>

**Questions or comments** - Contact Mitch Novak, Foodservice Director at 402-363-9169 or [m.novak@lunchtimesolutions.com](mailto: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 MARCH 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
<div><div><div>Epic Meltdown</div><div>Little Italy</div><div>Grilled Cheese</div></div><div></div><div>The classic Italian Hoagie inside of a grilled cheese. Pepperoni and ham, topped with seasoned marinara sauce, join melted provolone grilled cheese.</div></div>		<div><div><div>Chef Entree</div><div>Chicken Fried Rice</div></div><div></div><div>Delicious fried rice tossed with seasoned vegetables and chicken.</div></div>	<div>1</div> <div>Homestyle Beef Goulash &amp; Garlic Bread Stick</div> <div>Green Beans</div>	<div>2</div> <div>Mexi Tots with Dinner Roll</div> <div>Golden Corn</div>
<div>5</div> <div>Chicken Fajitas</div> <div>Refried Beans</div>	<div>6</div> <div>Home-style Beef Chili &amp; Crackers</div> <div>Green Beans</div> <div>Frosted Cinnamon Roll</div>	<div>7</div> <div>Baked Breaded Beef Fingers &amp; Dinner Roll</div> <div>Mashed Potatoes with Gravy</div>	<div>8</div> <div>NO SCHOOL</div>	<div>9</div> <div>NO SCHOOL</div>
<div>12</div> <div>NO SCHOOL</div>	<div>13</div> <div>Chicken Nuggets</div> <div>Steamed Carrots</div> <div>Cinnamon Breadstick</div>	<div>14</div> <div>BBQ Pork Sliders</div> <div>BBQ Beans</div>	<div>15</div> <div>Italian Dunkers with Marinara Sauce</div> <div>Golden Corn</div> <div>Chocolate Chip Cookie</div>	<div>16</div> <div>California Lasagna &amp; Garlic Breadstick</div> <div>Mixed Vegetables</div>
<div>19</div> <div>Pancakes, Scrambled Eggs &amp; Sausage Links</div> <div>Potato Triangle</div>	<div>20</div> <div>Hot Ham and Cheese Sandwich</div> <div>Golden Corn</div> <div>Carnival Cookie</div>	<div>21</div> <div>Cheese Quesadilla &amp; Beef Enchilada Soup</div> <div>Zesty Black Beans</div>	<div>22</div> <div>Epic Meltdown: Little Italy Grilled Cheese Sandwich</div> <div>Green Beans</div> <div></div>	<div>23</div> <div>Golden Macaroni &amp; Cheese and Dinner Roll</div> <div>Peas</div> <div></div>
<div>26</div> <div>Toasted Ham &amp; Cheese Sandwich</div> <div>&amp; Tomato Soup</div> <div>Mixed Vegetables</div>	<div>27</div> <div>Taco in a Bag</div> <div>Guacamole</div> <div>Cinnamon Bread Stick</div> <div></div>	<div>28</div> <div>Baked Ham Slice &amp; Dinner Roll</div> <div>Scalloped Potatoes</div> <div>Green Bean Casserole</div> <div>Holiday Cookie</div>	<div>29</div> <div>Hot Pepperoni Sub</div> <div>Baked Beans</div>	<div>30</div> <div>NO SCHOOL</div>

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

The institution is an equal opportunity employer and provider.



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

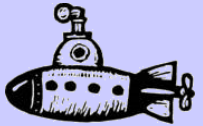
Cheeseburger  
 Hot Dog  
 Crispy Chicken Sandwich  
 Spicy Chicken Sandwich

## 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 & Bread stick



# Privacy, Surveillance, and Self-Disclosure

Online privacy is tricky. The information that we put in digital form can now be readily accessed by unintended viewers, whether because of an oversight in selecting privacy settings, the vulnerability of “secure” online data, sharing passwords that grant others access to personal accounts, or simply because a friend’s eyes wander to read personal text messages. Work together with your kids to be vigilant about keeping private information private.

- **Underscore that any digital information has the potential to go public.**

Information posted online or shared digitally (a picture, a status update, a text message) is searchable, easily copied, and often permanent. Even if your kids set strict privacy settings, there is the chance that a friend could copy/paste, take a screenshot, save, or forward something your kid didn’t want to get widely shared. Or, a curious onlooker may simply steal a glimpse at their screens and read private messages. Password sharing with friends, while often done causally, leads to serious privacy issues and should be avoided. Make sure your kids know that it is their responsibility to set privacy settings thoughtfully and to keep passwords private - but also remind them that anything shared digitally might be seen by unintended audiences.


- **Together, set privacy settings on all social media accounts.**

On a daily basis, you and your children probably use different apps and sites. Together, explore how varied privacy settings and privacy policies are. Discuss how companies use their members’ personal information, and urge your children to be responsible and use “friends only” privacy settings. Many social media platforms default to mostly “public” settings — requiring users to set privacy controls. And many sites frequently require updates, which reset all settings back to the default. Not only will these opportunities help safeguard you and your children, but you will get insight into how and why your child participates in the digital world.

- **Be patient and take the time to understand all the features.**

While companies don’t always make it easy to understand their privacy settings and privacy policies, take the time to dig in. Be wary of “social sign-in” (like using your Facebook or Twitter login to sign onto other sites), because that entitles third parties to collect data from your accounts. Set privacy settings for each and every type of content — profile information, posts, comments, and photos. And learn what individual features do, like tagging and blocking, to help you and your children manage and control your presence online. If your kid’s school provides devices, it may have the right — and responsibility — to monitor all content on the machines. Make sure your children know that they can’t assume their digital life is private from you or from anyone else.

# March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 State Girls Basketball Tournament (V) - TBD	2	3 Speech Meet @ York Dual D & D @ The Rock - Lincoln
4	5 YHS Choir Concert 7:00 pm - Theater Crane River Theater Actors Workshop @ Kearney	6 Spring Sports Parent Meeting - 7:00 pm - Gym Commons FFA Career Development Events @ SECC Beatrice	7 Early Student Dismissal 2:03 End of 3rd Quarter Spring Sports Pictures 2:15 pm - Gym	8 <b>NO SCHOOL Spring Break</b>  State Boys Basketball Tournament (V) - TBD	9	10
11 Daylight Savings Time Starts	12 <b>NO SCHOOL Spring Break</b>  Board of Education Meeting	13 District Speech @ McCool	14 Early Student Dismissal 2:03	15 GT @ GICC Invitational (V) (Ryder Park) - 9:00 am SC @ Kearney Catholic V-G/B-5:00 pm	16 SC-Home vs. GICC (JV Boys only) - 5:00 pm  FFA Activate and Leverage Conference @ Kearney YHS Alumni Tournament	17 TR @ Concordia University Invitational (V) @ Seward - 9:00 am SC-York Invitational V-G/B-10:00 am  St. Patrick's Day
18	19 Conference Honor Band @ Holdrege H.S. SC-Home vs. Columbus Lakeview - V-G/B-5:00 JV-G/B-6:30 pm	20 GT-Home Dual vs. Lincoln Christian (JV/V) - 4:00 pm BG-Home Dual vs. Grand Island Sr. High (V) 4:00 pm SC-Home vs. Lexington V-G/B-5:00/ JV-G/B-6:30	21 Early Student Dismissal 2:03 County Government Day Wrestling Banquet 6:30 - Gym Commons	22 SC-Home v. Aurora V-G/B-5:00 JV-G/B-6:30 pm State Speech @ UNK	23 SC @ Lincoln Southwest (JV only) G/B-5:00 pm	24 TR @ Fairbury Invitational (V) - 9:30 am
25	26 SC @ Schuyler V-G/B-5:00 JV-G/B-6:30 pm Board of Education Meeting	27 TR @ Beatrice Invitational (JV) - 3:30 pm BG-Home Tri w/Fillmore Central, GINW (V) 4:00 pm Spring Play Try-outs 7:00 pm - Theater	28 Early Student Dismissal 2:03	29 TR @ North Platte Invitational (V) - 12:30 pm BG @ Crete Tri w/Seward (V) (Crete Country Club) 4:00 pm SC @ GINW - V-G/B-5:00 JV-B/G-6:30 pm GT-York Invitational (V) 10:00 am Spring Play Try-outs 7:00 pm - Theater	30 <b>NO SCHOOL Easter Break</b>  Good Friday	31