



Bobcat Bits

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February 2007

Fostering Education

Hemingford Public Schools

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HEADING TOWARDS FEBRUARY

We are into the third quarter of school, it just doesn't seem possible. It seems like yesterday that I was welcoming the students back for the beginning of the school year. Time does fly when you're doing what you love. Progress reports will be coming home again very soon. It has been an excellent school year so far. I'm very proud of both students and teachers for all of their hard work and dedication that I've seen this year. Our goal is to help each student reach and pass their potential. This can be achieved when teachers, students, and parents work together as one.

5 WAYS TO RAISE A READER

1. Make stories come alive for your child when you read. Be animated and use different voices.
2. Be patient – let your child read aloud at his or her own pace. Offer help only when needed.
3. Discuss what you read together. Ask questions, and listen attentively to your child's answers.
4. Continue reading together even after your child learns to read.
5. Take along your child's favorite books wherever you go.

STATE WRITING

Grades 4, 8, and 11 will participate in the state writing. This takes place on Tuesday, January 30th and Wednesday, January 31st. The students in all other grades will also be writing using our spring prompts. It will be extremely important that you mark these days on the calendar. **Please help us make sure that your child is in attendance these days.**

WORDS TO THINK ABOUT !

The only way to get the best of an argument is to avoid it. Nobody wins in an argument.

UPCOMING DATES OF INTEREST

Feb.1st Progress reports sent home

Feb.2nd Dog Sled Assembly starting at 1:30p.m

Feb. 14th Valentine's Day

Feb. 27th Kindergarten Round Up 5:45-6:45 p.m. in cafeteria

KINDERGARTEN ROUND UP

We will contact parents who have children that will turn 5 years of age before the October 15th deadline. If you are new to the district and have a child who will meet the age requirement, please contact us at 487-3330. We will have a meeting on February 27, 2007 from 5:45-6:45 p.m. in the school cafeteria. **You will need to bring the original or copies of the following: Birth Certificate, Immunization Records, and Social Security Number. Also, please bring the other materials you will be receiving in the mail that is required to be returned.**

BOX TOPS FOR EDUCATION

Please remember to save the box tops that are found on many different food items. They allow us to earn money for our school. This is another great way to help our school.

COMMUNICATION

Together we can make a difference.

Call us with any questions at 487-3330.



We're on the Web!
hemingfordschools.org

Thayer's Thoughts

Research suggests that academic success is correlated with parent involvement. Please continue to ask your child about assignments, projects, grades and behavior. This would be a good time to check your child's attendance and grades on K12 planet. Third (3rd) quarter is generally a better quarter for students and reflect in their grades—thus gives students a little cushion toward the semester grade. Thank you for your involvement. Activities are continuing in full swing. In the event of weather, please listen to the radio for announcements. Also changes are made throughout the month on the school website calendar. You have the most current calendar at the time of the mailing of the newsletter; however, we all know how events can be changed.

Progress Reports

Believe it or not the 3rd quarter is mid-way over. Progress reports are schedule to be mailed out on February 1st. In between time, K12 planet is available for use to check the status of grades. Just a reminder that teachers may update more than weekly; however, they were required to only post grades weekly Monday morning which would mean that K12 planet grades would be new on Tuesday.

State-wide Writing

The date is set for January 30th and 31st. Normally we take a morning class period and all students write during that hour. Please mark your calendar—we need all students present at that time in grades 7-12. The first day is set for students to do pre-writing. Students will have 40 minutes to develop ideas with a specific prompt. The second day is used to finalize writing.



Mush Husky! Assembly for Grades 7 and 8

Doug Ruzicka will be presenting to grades K-8 an assembly on the integralities of dog sledding races and care of animals. This assembly is scheduled for Friday, February 2 at 1:30 pm in the high school gym.

Valentine's Day—Monday, February 14

It worked well last year, thanks to your support and flower shops to have flowers delivered after 1:30. It does help cut down on hurt feelings.

High Plains Honor Band at CSC

February 5 and 6

Selected students will participate at Chadron. This is a super opportunity for our students to work with other musicians and share their talents. Because Mrs. Chesley will not be back in time, the band will not play that evening.

School Board Time Change

To allow supervision at the Girl's basketball sub-districts as well as hosting a D-2 sub- district, the February school board meeting will be moved to 4:00 in the high school library.

Scheduling for Next Year

The scheduling process for the 2007-2008 school year will begin late January—early February. Your son/daughter will be bringing home registrations forms. Please review these forms with your child and help them to choose classes that will best fit his/her needs. All parents must sign prior to entering a schedule. It may be beneficial to plot what classes the student wants to have completed by graduation time. Mrs. Hucke's transitions class (8th grade students) is a great start of planning. The web site for Hemingford contains the course descriptions along with what classes are required for each year. Look in the Just for Students button. Web site address is <http://hemingfordschools.org>

Mr. Ningen

There are always good people that make our school a positive place, and I get the chance to say thanks now and then. This month **John Prochazka** designed, built, and paid for a lit scorer's table for our Varsity gym. It is eight feet long, and features a new counter-top for the people working to keep the score or the scorebook, as well as a painted panel in front that lights up. This donation is appreciated and very eye-catching! Be sure and tell John thank-you for this wonderful addition to our gymnasium.

Speaking of the gym, this summer the worn tile that surrounds the wooden playing surface will be replaced. The administration and board will decide what color the new tile will be, choosing from grey; white; red and white checkerboard, or some other color. If patrons have a preference, please let a board member or the administration know.

Congratulations to the Panhandle Conference Boy's Basketball Champions from Hemingford! The boys won three games, over Crawford, Sioux County, and Hay Springs to take home the Championship for **Coach Tim Lanik** and **Assistant Coach Gene Hanks**.

Kyle Campbell, senior 189 pound wrestler for the Bobcats, won his 100th career wrestling match at the Chadron Invitational Wrestling Tourney. Kyle led a group of five Cats that placed in the tough tourney. Other placers were **Joe Bob Haas**, **Blake Vela**, **Blake Fastnacht**, and **Steven Overshiner**. Haas, wrestling at 215 and just a sophomore, won a Championship at the "Best of the West" All-Star Wrestling Tourney at Scottsbluff. Congratulations to the boys and to **Coaches Karney** and **Weber**.

Thanks to all of our students for the work they do in activities and in sports. These "extras" all help to give our students some great opportunities for learning outside the classroom. Thanks as well to **our students and parents** for their cooperation in putting forth a good effort in the classroom. Hemingford is fortunate to have students that want to succeed, and want to do what is needed to improve.

Enjoy February, and join me in anticipating the coming of Spring!



Option Enrollment

Option enrollment (student requesting a transfer to attend a school district other than the district of residence). Between September 1st to March 15th, the application must be sent or delivered to the **Option School District**. If after March 15, this application **Must** be accompanied by a **Written** release (waiver) from the Resident District.

For Athletics, transfer date for 2006-2007 will be March 15, 2007. Enrollment Option transfers, transfers from public-to-private, private-to-public, private-to-private, intra-district, and transfers from out-of-state must be completed by March 15 (for fall enrollment), and the school receiving the transfer student must notify the NSAA in writing, postmarked no

later than March 15, in order that the student can be eligible in the fall. Failure to meet this March 15 deadline will result in a 90 school days ineligibility period for the transfer student. Schools are encouraged to notify students and parents about this date change.

Distinguished and A/B Honor Roll

Distinguished 1st quarter Honor Roll

4th grade – Jessica Hanks; 5th grade – Paige Phillips; 7th grade – Hans Hansen, Katie Heitz, Jett Jurgens, Rachel Kaman; 8th grade – Katee Folkerts, Baily Wood; 10th grade – Katie Hughart; 11th grade – Britt Anderson, Trace Armstrong, Todd Prochazka, Megan Roland; 12th grade – Mick Casey, Melissa Cervantes, Ryan Dannar, Patrick Jespersen, Emily Kuhn.

A/B Honor Roll 1st quarter

4th grade – Hannah Fessler, Colt Foster, Amelia Ludlow, Hanna Swanson, Matthew Wood; 5th grade – Blake Hansen, Christian Jensen; 6th grade – Cassie Elder, Briley Hannaford, Brady Horstman, Sammy Huss, Kaitlyn Jespersen, Kelsy Wood; 7th grade – Morgan Sutphen; 8th grade – Jose Campos, Andrea Michael, Nick Wood; 9th grade – NaKaya Fester, Kayla Golka, Brooke Hannaford; 10th grade – Beau Broadway, Robyn Wright, Ashley Yardley; 11th grade – Shauna Fester, Kyle Huss, Mandi Long, Alanna Wacker; 12th grade – Kyle Campbell, Matt Faber, Blake Fastnacht, Sabrina Goldstedt, Tom Linegar, LaRee McCoy, Katrina Mundt, James Overshiner, Allan Shammel, Amanda Winten.

Distinguished 2nd quarter Honor Roll

4th grade – Jessica Hanks, Matthew Wood; 5th grade – Paige Phillips; 6th grade – Briley Hannaford, Brady Horstman; 7th grade – Hans Hansen, Katie Heitz, Jett Jurgens; 8th grade – Katee Folkerts, Baily Wood; 11th grade – Britt Anderson, Megan Roland; 12th grade – Melissa Cervantes, Patrick Jespersen, Emily Kuhn, Tom Linegar.

A/B Honor Roll 2nd quarter

4th grade – Hannah Fessler, Colt Foster, MaKayla Grumbles, Lauren Jensen, Amelia Ludlow, Aubrey Picket Pin, Hanna Swanson; 5th

grade – Blake Hansen, Christian Jensen, Kyle Kaman, Alexis Phillips; 6th grade – Cassie Elder, Sammy Huss, Kaitlyn Jespersen, Nicole Schekall, Kelsy Wood; 7th grade – Rachel Kaman, Ricky LeClear, Conni Rasmussen, Morgan Sutphen; 8th grade – Jose Campos, Mindy Gibbons, Andrea Michael; 9th grade – NaKaya Fester, Kayla Golka, Brooke Hannaford; 10th grade – Beau Broadway, Katie Hughart; 11th grade – Trace Armstrong, Cassie Drake, Shauna Fester, Kyle Huss, Whitney Morava, Todd Prochazka; 12th grade – Kyle Campbell, Mick Casey, Ryan Dannar, Matt Faber, LaRee McCoy, Katrina Mundt, James Overshiner, Amanda Winten.

Distinguished 1st Semester Honor Roll

4th grade – Jessica Hanks, Matthew Wood; 5th grade – Paige Phillips; 6th grade – Briley Hannaford; 7th grade – Hans Hansen, Katie Heitz, Jett Jurgens; 8th grade – Katee Folkerts, Baily Wood; 11th grade – Britt Anderson, Trace Armstrong, Todd Prochazka, Megan Roland; 12th grade – Melissa Cervantes, Patrick Jespersen

Emily Kuhn

A/B Honor Roll 1st Semester

4th grade – Hannah Fessler, Colt Foster, Amelia Ludlow, Hanna Swanson; 5th grade – Blake Hansen, Christian Jensen, Kyle Kaman, Alexis Phillips; 6th grade – Cassie Elder, Brady Horstman, Sammy Huss, Kaitlyn Jespersen, Nicole Schekall, Kelsy Wood; 7th grade – Rachel Kaman, Conni Rasmussen, Morgan Sutphen; 8th grade – Jose Campos, Andrea Michael; 9th grade – NaKaya Fester, Kayla Golka, Brooke Hannaford;

10th grade – Beau Broadway, Katie Hughart, Ashley Yardley; 11th grade – Cassie Drake, Shauna Fester, Kyle Huss, Mandi Long, Alanna Wacker; 12th grade – Kyle Campbell, Mick Casey, Ryan Dannar, Matt Faber, Sabrina Goldstedt, Tom Linegar, LaRee McCoy, Katrina Mundt, James Overshiner, Allan Shammel, Amanda Winten.





C O U N S E L O R ' S

O R N E R

February "To Do" List

Complete these tasks during February to stay on the right college planning track.

Seniors:

- [Apply for a Department of Education PIN](#) for you and a parent
- Complete student and parent 2006 tax returns
- Complete the FAFSA
- Continue to apply for scholarships

Juniors:

- Register by February 2 for the March 10 SAT
- Register by March 9 for the April 14 ACT

Juniors that took the PSAT test and sophomores that took the PLAN test need to listen to the announcements for the day that the results will be handed out. They will be handed out in the month of February.

Mrs. Thayer and I will be starting the registration process for the year of 07/08 in February. Watch for the registration sheet to discuss with your child what courses they will be registering for next year. They will need your signature on the registration form.

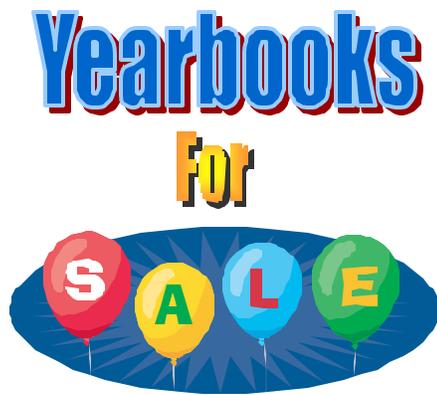
**Hemingford Public
Schools**

We're on the Web!
hemingfordschools.org

Pennies Galore

January 25th was Hemingford's 100th day of school. K-6 students tapped into their piggy banks from home and collected \$156.00. Alan Danbom, from the American Legion Post #9, received the donation to be used to help finance the Hemingford Veteran's Memorial Park.





2004 and 2005

Yearbooks
available for

Only \$10

Purchase yours from
Mrs. Horstman while
supplies last!!



S-E-N-I-O-R

Seniors are the best by far! That is **IF** they get their senior picture and baby pictures in to Mrs. Horstman **BY** the end of February!! We have got to have these in to work on the yearbook pages and also the senior video! Thanks in advance for getting this important job taken care of!

Giorgi's Gym

Family Power

The number of overweight children in the US has tripled in just 30 years. Fast food, video games and lack of exercise are culprits but there is only one real solution: developing healthy habits at home.

Weight Watchers has started a program to help parents and families instill healthy-weight habits in their children. I will be including information from the book Weight Watchers Family Power: 5 Simple Rules for a Healthy-Weight Home in the remaining school newsletters. The book "transforms the way families approach nutrition and exercise, with specific principles designed to help parents give kids the lifelong keys to maintaining a healthy weight."

The 5 rules:

1. Focus on wholesome nutritious foods
2. Include treats
3. Aim to keep non-homework screen time to two hours or less per day
4. Try to be active an hour or more per day

The Weight Watchers Family Power principles apply to everyone in the home

Eat well and exercise!

CONCERNING ATHLETICS

As activities director at HHS, I am going to try to put something in each newsletter regarding sportsmanship and/or positive behaviors towards extra-curricular activities. Hopefully everyone who takes the time to read these messages can gain some insight or just take something with them to help make all extra-curricular activities a positive experience for all students, coaches, and fans. Thank you for your positive support.

Gene “Mo” Hanks - AD

Parenting Athletes to be Good Sports

Written by: Deb Weitzenkamp, Extension Educator

University of Nebraska-Lincoln Extension

Building Strong Families

As parents of athletes we love to watch our children play in games and push them to achieve success in every play of game. We sit on the edge of our seats waiting for the next moment in time when our child goes into the game and the team works together like a well-oiled machine. At the same time it's hard for us to walk that fine line between being supportive and becoming over-involved. However, through example and conscious teaching, we can help our children to have a positive experience in their activities and to become a good sport

Ten Tips for Teaching your Children About Sportsmanship

- 1) Expect and reinforce good sportsmanship with your child. Point out and reward good sportsmanship. Have a plan for dealing with poor sportsmanship.
- 2) Model sportsmanship. Discuss how you personally show sportsmanship. Describe how you can show respect to the opponent by shaking their parent's hands after the event. Describe the good feelings you get from being a good sport yourself.
- 3) Help your child remember to play. Discuss both the competitive and fun parts of involvement. Discuss the fun that comes from doing their best, performing well, and spending time with friends—regardless of the outcome of the event.
- 4) Discuss the headlines. When you watch TV or read the newspaper, point out actions related to sportsmanship. Ask your child what they think of competitors who “showboat” or about the cost to the team for a technical foul. Look for examples of positive behavior as well.
- 5) Read books together with a sportsmanship theme. Particularly younger children, you can use this time to discuss examples of good sportsmanship and poor sportsmanship behaviors.
- 6) Reflect. Use the language of sportsmanship (respect, integrity, responsibility, fairness) with your child when discussing practice and games. Ask them to think about why they had a bad or good game and what role sportsmanship played.
- 7) Emphasize teamwork in team events. Help your child to think “we” instead of “me”.
- 8) Make sure that you and your child know the rules of the event. When you know the rules of competition, you can help your child to follow the rules as well.
- 9) Emphasize good sportsmanship at home. Games or contests at home are great family activities. Keep sportsmanship in-line during these activities. Watch for teachable moments when your family is engaged in competition.
- 10) Emphasize good character in daily life. The same behaviors that demonstrate good sportsmanship extend beyond the competitive arena. Promote respect, responsibility, trustworthiness, fairness, caring and citizenship in our daily lives.

News from Nurse Judy

About Pediatric Bipolar Disorder

This lengthy article appears on the web site of the Child and Adolescent Bipolar Foundation. It provides a detailed and jargon-free body of information for parents, families, or anyone who deals with children with bipolar disorder. The article emphasizes how difficult it is to properly diagnose this disorder in children.

http://www.bpkids.org/site/PageServer?pagename=lrn_about

Brevity - January 9, 2007

Nebraska Mental Health, Substance Abuse and Gambling Services Directory

The New Nebraska Mental Health, Substance Abuse and Gambling Services Directory is now available on line, or you may request a hard copy by phoning the Division at 402-471-7818

<http://www.hhss.ne.gov/beh/BHDirectory07.pdf>

The New Normal? What Girls Say About Healthy Living

Girl Scouts of the USA commissioned this research study of 2,060 girls to address the dimensions of girls' health-related attitudes and behaviors. What they found is that girls today seek the status quo - looking to find the safe middle ground where they feel and will be perceived as "normal." The major findings of this study reveal that girls use a new set of norms to define health that depart from what adults may believe in four distinct ways:

For most girls, being healthy has more to do with appearing "normal" and feeling accepted than maintaining good diet and exercise habits.

Emotional health, self-esteem, and body image play a critical role in girls' attitudes about diet and exercise.

Although girls demonstrate basic knowledge about health foods and eating behaviors, they often do not put this knowledge into practice, and it is "normal" for many girls to make poor choices with respect to diet and exercise.

Mothers were the most frequently cited source of information on healthy living and they clearly function as role models for their daughters.

http://www.girlscouts.org/research/publications/original/healthy_living.asp

Brevity - January 9, 2007

Save the Date!

Middle School News

Barnes and Noel was held in Middle School after Christmas break due to weather. Usually it happens before Christmas. A pretend Barnes and Nobel is set up in the classroom with a Starbucks in the back. Students enjoy a variety of different books, listen to 'live' music, share on open mike and indulge in "fresh pastries from Paris" and "Starbucks".

Comments from 5th and 6th graders on Barnes and Noel Day held in Mrs. Haas' room

Kyle says, "It was really fun. It helped us learn at the same time was fun. My favorite part was probably all of the great books."

Blake says, "I liked it. There were some pretty good books."

Cash says, "It was a really fun activity because I like to relax while I read."

Kelsy says, "It was fun because Mrs. Haas really acted like Mrs. Starbucks."

Tyler says, "Barnes and Noel was really great. The best part about it was the refreshments . . . it was kind of like a walk-in library."

Precious says, "It's a really good thing because it's teaching us how to look for books. It's like a library."

Speech and Language of the 3-Year-Old

At age 3 years, your child...

matches primary colors, names one color
 knows the words *night* and *day*
 uses contractions, such as *it's* or *there's*
 begins to obey instructions with prepositional phrases,
 Such as "put the block under the chair"
 uses words to relate observations, concepts, ideas, and relationships
 practices new words by talking to self
 knows his or her name, gender, and street name, and
 several nursery rhymes
 tells simple stories and can convey ideas
 uses sentences of 3 to 4 words
 uses nearly 1,000 words
 can produce consistently the following sounds: m, n, p, f, h, b, and w
 may repeat sounds, words, and phrases
 can draw a circle and a vertical line
 can sing songs
 expresses fatigue verbally
 can stay with one activity for 8 or 9 minutes
 asks "what" questions frequently



You can stimulate your 3-year-old child's speech and language if you...

continue to extend his or her conversation
 use words he or she has trouble with frequently in your speech
 talk about similarities or differences between things
 encourage your child to tell short stories using books and pictures
 read longer stories to your child, then talk about objects and actions on the page
 pay attention to your child when he or she is talking (remember that repeating
 words and sounds is normal during this period of growth).
 give your child plenty of time to respond to you; wait patiently
 use a small toy to teach prepositions (for example, "Put the bear under your chin,
 on to top of your head, beside your foot".)
 make up a simple story and have your child finish it
 exaggerate, emphasize, and repeat words you want your child to learn or
 pay attention to
 ask your child to tell you about his or her day's activities
 try not to expect absolute perfection in the way your child pronounces words

Hemingford Public Schools
Calendar Events February 2007



Sun	Mon	Tue	Wed	Thr	Fri	Sat
				1 WTC BB Tourn @ WNCC White Day Progress Reports Go Home 6:30 PM 6:30pm WR Dual @ Chadron	2 7:30 AM NHS/Faculty Breakfast WTC BB Tourn @ WNCC Red Day 1:30 PM Dog Sled Assembly	3 WTC BB Tourn @ WNCC Var Wrest @ Yoder, WY
4	5 White Day High Plains Music at CSC TBD High Plains Honor Choir/Band 3:30 PM Junior Girl Scout Troop #145 Meeting 6:00 PM Fr GBB Harrison @ home	6 Red Day High Plains Music at CSC TBD High Plains Honor Choir/Band 2:30 PM JV-V BB Morrill@Home	7 WTC Speech@Mitchell White Day 2:30 PM BigBrother/BigSister	8 Red Day 5:00 PM JH BBB @ Crawford 6:00 PM JV BB Hay Springs @ Home	9 District Wrestling White Day	10 District Wrestling 9:00 AM JH BBB B'port @ Home 2:00 PM JV-V BB @Hay Springs
11	12 Girls BB Sub-districts Red Day 7:00 PM School Board Meeting 7:00 PM FCCLA meeting	13 Girls BB Sub-districts White Day	14 FFA Ag Mechanic Contest Valentine's Day Red Day	15 State Wrestling Tournament Girls BB Sub White Day	16 State Wrestling Tournament Red Day	17 State Wrestling Tournament JH BBB@Bayard Tourn 6:00 PM JV-V BBB@ Crawford
18	19 BBB Subdistricts White Day 3:30 PM Junior Girl Scout Troop #145 Meeting	20 BBB Subdistricts Red Day	21 FFA Ag Day White Day	22 BBB Subdistricts Red Day	23 GBB District Finals White Day	24 PC Speech @ Sidney 8:00 AM Rope Skipping Workshop
25	26 Spring Practices Begin BBB District Finals Red Day	27 NAEP 8th Grade Testing White Day 5:45 PM Kindergarten Roundup	28 Red Day			

February 2007

Hemingford Public Schools Breakfast Menu

Mon	Tue	Wed	Thu	Fri
Milk is served with all meals			<p><i>1</i> Cereal Muffin Fruit or Juice</p>	<p><i>2</i> Cinnamon Roll Fruit or Juice</p>
<p><i>5</i> Cereal Granola Bar Fruit or Juice</p>	<p><i>6</i> Sausage, Egg, & Cheese Biscuit Fruit or Juice</p>	<p><i>7</i> French Toast Fruit or Juice</p>	<p><i>8</i> Cereal Muffin Fruit or Juice</p>	<p><i>9</i> Breakfast Pizza Fruit or Juice</p>
<p><i>12</i> Cereal Granola Bar Fruit or Juice</p>	<p><i>13</i> Pancakes Fruit or Juice</p>	<p><i>14</i> Breakfast Burrito Fruit or Juice</p>	<p><i>15</i> Cereal Muffin Fruit or Juice</p>	<p><i>16</i> Cinnamon Roll Fruit or Juice</p>
<p><i>19</i> Cereal Granola Bar Fruit or Juice</p>	<p><i>20</i> Breakfast Burrito Fruit or Juice</p>	<p><i>21</i> Pancake & Sausage On A Stick Fruit or Juice</p>	<p><i>22</i> Cereal Muffin Fruit or Juice</p>	<p><i>23</i> Breakfast Pizza Fruit or Juice</p>
<p><i>26</i> Cereal Granola Bar Fruit or Juice</p>	<p><i>27</i> Waffles Fruit or Juice</p>	<p><i>28</i> French Toast Fruit or Juice</p>	<p style="text-align: center;">Menus are subject to change</p> <p>This facility is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap, or national origin. More information may be obtained here or from the Office of Equal Opportunity, USDA, Washington, D.C. 20250. Any person who believes that he or she has been discriminated against in any USDA- related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.</p> <p>The Hemingford Public School provides lunches in accordance with the National School Lunch Program. The cost of a lunch is as follows: K - 6 Lunch - \$1.40 7 - 12 Lunch - \$1.70 Adult Lunch - \$2.50</p>	

February 2007

Hemingford Public Schools Lunch Menu

Mon	Tue	Wed	Thu	Fri
Milk is served with all meals			1 <i>Ready Rib Sandwich</i> <i>French Fries</i> <i>Peaches</i> <i>Dill Spear</i> <i>Alternative-Hamburger</i> <i>Cold Sandwich-Ham</i>	2 <i>Frito Pie</i> <i>Green Beans</i> <i>Fruit Cocktail</i> <i>Roll & Butter</i> <i>Alternative- Cheese Pasta</i> <i>Cold Sandwich- Cheese</i>
5 <i>Chicken Nuggets</i> <i>Tater Bar</i> <i>Peaches</i> <i>Roll & Butter</i> <i>Alternative-Burrito</i> <i>Cold Sandwich-PBJ</i>	6 <i>Hamburger / Bun</i> <i>French Fries</i> <i>Fresh Fruit</i> <i>Dill Slices</i> <i>Alternative-Hot Ham & Cheese</i> <i>Cold Sandwich-Bologna</i>	7 <i>Pizza</i> <i>Corn</i> <i>Cherries</i> <i>Cookie Cake</i> <i>Alternative- Burrito</i> <i>Cold Sandwich-Turkey</i>	8 <i>Crispitoe</i> <i>Green Beans</i> <i>Pineapple</i> <i>Roll & Butter</i> <i>Alternative- Corn Dog</i> <i>Cold Sandwich- Ham</i>	9 <i>Mac & Cheese</i> <i>Carrots</i> <i>Pears</i> <i>Roll & Butter</i> <i>Alternative- Quesadilla</i> <i>Cold Sandwich-Cheese</i>
12 <i>Weiner Boats</i> <i>Corn</i> <i>Peaches</i> <i>Roll & Butter</i> <i>Alternative- Chicken Tenders</i> <i>Cold Sandwich- PBJ</i>	13 <i>Tacos</i> <i>Spanish Rice</i> <i>Pears</i> <i>Roll & Butter</i> <i>Alternative-Baked Potato</i> <i>Cold Sandwich- Bologna</i>	14 <i>Chicken Sandwich</i> <i>Tater Bar</i> <i>Fruit Cocktail</i> <i>Cookie</i> <i>Alternative- Sloppy Joe</i> <i>Cold Sandwich- Turkey</i>	15 <i>Sausage Gravy / Biscuits</i> <i>Green Beans</i> <i>Applesauce</i> <i>Jello</i> <i>Alternative-Pizza</i> <i>Cold Sandwich-Ham</i>	16 <i>French Dip</i> <i>French Fries</i> <i>Pineapple</i> <i>Au Jus</i> <i>Alternative- Hamburger</i> <i>Cold Sandwich-Cheese</i>
19 <i>Chicken Fried Steak</i> <i>Mashed Potatoes</i> <i>Fresh Fruit</i> <i>Roll & Butter</i> <i>Alternative- Pizza Hot Pocket</i> <i>Cold Sandwich-PBJ</i>	20 <i>Beefy Nachos</i> <i>Lettuce Salad</i> <i>Pineapple</i> <i>Roll & Butter</i> <i>Alternative-Baked Potato</i> <i>Cold Sandwich- Bologna</i>	21 <i>Chicken Gravy / Biscuits</i> <i>Green Beans</i> <i>Peaches</i> <i>Pudding</i> <i>Alternative-Quesadilla</i> <i>Cold Sandwich-Turkey</i>	22 <i>Chili / Crackers</i> <i>Carrots & Celery</i> <i>Applesauce</i> <i>Cinnamon Roll</i> <i>Alternative-Corn Dog</i> <i>Cold Sandwich- Ham</i>	23 <i>Grilled Cheese</i> <i>Tater Bar</i> <i>Fruit Cocktail</i> <i>Tomato Soup</i> <i>Alternative-Crispitoe</i> <i>Cold Sandwich-Cheese</i>
26 <i>Pig In Blanket</i> <i>Green Beans</i> <i>Peaches</i> <i>No Bake Cookie</i> <i>Alternative- Pizza</i> <i>Cold Sandwich-PBJ</i>	27 <i>Burrito</i> <i>Corn</i> <i>Applesauce</i> <i>Roll & Butter</i> <i>Alternative- Baked Potato</i> <i>Cold Sandwich- Bologna</i>	28 <i>Hot Ham & Cheese Sandwich</i> <i>French Fries</i> <i>Fruit Cocktail</i> <i>Dill Spear</i> <i>Alternative-Hamburger</i> <i>Cold Sandwich-Turkey</i>	Menus are subject to change This facility is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap, or national origin. More information may be obtained here or from the Office of Equal Opportunity, USDA, Washington, D.C. 20250. Any person who believes that he or she has been discriminated against in any USDA- related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 20250. The Hemingford Public School provides lunches in accordance with the National School Lunch Program. The cost of a lunch is as follows: K - 6 Lunch - \$1.40 7 - 12 Lunch - \$1.70 Adult Lunch - \$2.50	