

Bobcat Bits

Bobcat Bits

January 2019



Special points of interest:

- * Mr. Isom
- * Academic All-State
- * Spelling Bee 2019
- * Books and Braids
- * After Prom Party
- * School Way
- * Brenda Davies Benefit
- * Nutrition Nuggets
- * Calendar
- * Menus



Mr. Isom- School Superintendent

The year has been productive to date. We are very excited about the things that we have going here in District 10.

One to One—The district had this in place when I arrived. The plan was to get Chromebooks in the hands of the juniors and seniors for this school year. We were then going to provide Chromebooks to the 9-10 for the 2019-2020 school year. We were able to utilize a grant that the district receives, and we put Chromebooks into the hands of the 9-10 students at Thanksgiving time. We had enough of the grant money left that we are also putting some Chromebooks in the 5-6th grade modular rooms. We are putting 25 in each building. We felt that this was needed to help with the transition. The next phase will be to update and provide Chromebooks for the 7-8 that they can use during the day at school. Mr. Dean is continually offering staff support and ideas on how to utilize the technology. The professional development of the staff is a critical component for the integration of the technology.

Effective Teacher Model—We have been working with the professional development team from ESU 13 to help implement the Danielson Framework for Teaching. This is a collaboration between the administration and teaching staff on becoming more effective in our teacher evaluation process. The Danielson model will help us develop a common language between staff and administration, which will guide us in developing our staff to its fullest. The staff at Hemingford does a great job, we hope that this will be a support and help the staff to continue to grow in all areas of teaching.

Curriculum-January 7 there is no elementary school for students as the elementary staff will be in professional development working on implementation of the Lucy Caulkins Units of Study in Writing. A trained expert in the curriculum will come and lead us through how to use and implement the curriculum. Since preschool is not involved with the writing curriculum, there will be preschool that day. Mr. Arneson is also busy looking into a new math curriculum. The district will be moving toward this for the 2019-2020 school year.

I would like to thank Randy Wood for his 12 years of service to the school board. We welcome Blanche Randolph to the board. I want to thank the rest of the board for the opportunity to lead District 10-Trish Schumacher, Justin Ansley, Rick Horstman, Brett Cullan and Troy Turek.

The district is in need of classrooms. The ultimate goal would be to get everyone under one roof—getting rid of the modulars and moving the FFA classroom to an attached facility. We are working with Lee Davies Architect and discussing what our best option are. We will be sharing information as we move forward on this project.

HAPPY★NEW★YEAR

NSAA Academic All-State-Fall 2018

The Nebraska School Activities Association (NSAA) is pleased to announce the student recipients of the Fall 2018-19 Nebraska Chiropractic Physicians Association (NCPA) Academic All-State Awards.

Each year the NSAA and the NCPA recognize students during Fall, Winter and Spring Seasons who are nominated by their schools for their individual academic excellence, leadership and significant contributions in their NSAA activity.

Hemingford Academic All State Award Winners:

Boys Cross-Country

Isaiah Bryner

Kobe Coryell

Girls Cross-Country

Jori Stewart

Football

Carter Buchheit

Luke Cullan

Play Production

Isaiah Bryner

Josie Stewart

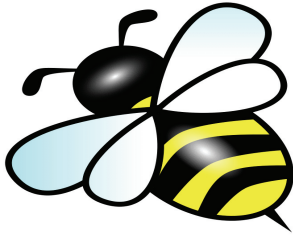
Volleyball

Lauren Gasseling

Josie Stewart



Spelling Bee 2019

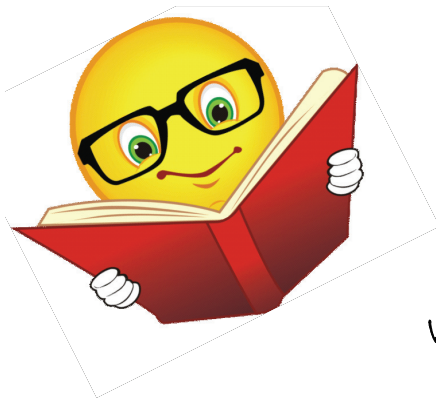


To Bee...or Not to Bee...for 2019!

HHS Spellers, get your Buzz on!

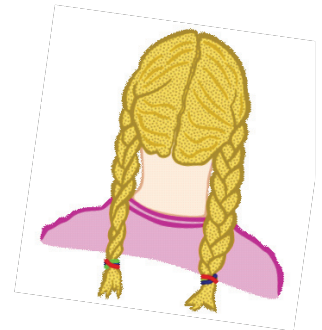
Alliance Middle School will again host the Box Butte County Spelling Bee January 30, 2019, at 1:00 p.m.

Hemingford 7th and 8th graders will take qualifying quizzes in English classes during the week of January 7-11. After practice sessions during SST, Bobcat spellers will spell down for the HHS Hive champion on Monday, January 28, in Mrs. Smaha's classroom before buzzing off to defend our Box Butte County 2018 Championship title at the Bee on Wednesday, January 30. Stay tuned for the Buzz from the Bee!



COMING SOON!

BOOKS AND BRAIDS



WHO? 2nd thru 6th graders

WHEN? Tuesday Mornings from 7:45 - 8:10

WHERE? Elementary Library

Come join Mrs. Osmotherly and volunteers in the elementary library on Tuesday mornings at 7:45. Students will read books aloud while Mrs. Osmotherly and volunteers will braid hair. If popular we will add more days at a later time. First day will be Tuesday, January 15th. See you then.

Hemingford High School

After Prom Party 2019

We are preparing for our chemical free after prom party for 2019! It begins 30 minutes after prom and ends at 3:30 a.m. It has been a great success each year and is open to HHS students' grades 10-12 and their dates.

We do our best to provide them with fun activities, yummy food, great prizes and entertainment. **None of this would be possible without the support we receive from our community!** We have many parents and community members who volunteer their time planning, setting up, sponsoring the night, tearing down, and cleaning up. There are many generous businesses and individuals who donate! In the past we have been able to give away cash prizes, TVs, cameras, luggage, gift cards, t-shirts, blankets and many other great prizes!

This year we are asking you to consider making a donation to this event. Prom will be held on **Saturday April 06, 2019**. You may donate items or make a monetary donation! If you would like someone to stop by and pick up your donation, please call either of the numbers below. If you will be making a monetary donation, we ask that you mail it or drop it off at the **Hemingford Community Federal Credit Union at PO BOX 991 Hemingford, NE 69348**. Checks can be made to **Hemingford Post Prom**.

THANK YOU for making this event possible for our students!!

HHS 2019 After Prom Committee

Hope Specht
308-760-4970

Tonya Mayer
308-760-4338



Hemingford Public Schools

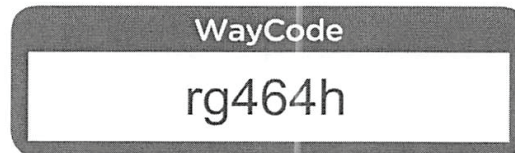


Sample messaging. Not actual screens.

Get our school's official mobile app.

Stay in the know, every day, the SchoolWay.

- School updates & information
- Instant safety notifications
- Teacher updates & assignment details
- Club & organization updates



It's FREE!

myschoolway.com

Download SchoolWay from the app store today!



School Way

In an effort to improve the efficiency of school communications to parents and students, Hemingford Schools is phasing into using School Way powered by Jostens. School Way is a free app that is downloaded to a mobile device that will receive alerts sent out by the school. The communication will occur through School Way in the 2018-2019 school year and phone calls will no longer be made. As always, you can receive school alerts through the school Facebook page, website, and local radio stations.

Please see the attached flyer to begin using School Way today! If you have questions about how to set up call Mrs. Wood or Mr. Arneson (308) 487-3330.

Happy
New Year!



SOUP SUPPER



January 11, 2019

4:30 p.m. - 7:30 p.m.

Hemingford Public

Schools- Red Zone & Cafeteria

All Proceeds to go to Brenda Davies

Chicken Noodle/Chili Soup

Cookies

No can goods this year. Sorry



COMMUNICATION SOURCES

HEMINGFORD PUBLIC SCHOOLS

Our mission at Hemingford Public Schools is to cooperatively work with the community to provide our youth a safe and healthy learning environment for all students. Our school district and staff are committed to provide and promote opportunities for high academic achievement, capitalizing on student career interests and aptitudes, with a purpose to encourage student involvement and accomplishments in order to prepare accountable, responsible, self-disciplined, successful citizens in an ever-changing, global society.

Charles Isom, Superintendent
Mr. Daniel Kluver, High School Principal
Mr. Eric Arneson, Elementary Principal
Mrs. Mandy Plog, Special Education Director

PO Box 217
911 Niobrara Avenue
Hemingford NE 69348

Phone: 308-487-3328 High School
Phone: 308-487-3330 Elementary
Fax: 308-487-5215

In an effort to maintain all possible communication links, Hemingford Public Schools will offer numerous ways for parents, students, community members and all other interested citizens to stay abreast of happenings at the schools. Some ways to communicate are: Hemingford Public Schools Website

<http://www.hemingfordschools.org>

Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

Monthly newsletter - Posted on School Way, Facebook and the School Website.

Notices sent home with students
Information sent home with reports cards.

Phone calls to students' homes when necessary.

PowerSchool for attendance, grades and other notes to students and parents found on the Hemingford Schools webpage.



EQUAL OPPORTUNITY

Hemingford Public School District #10 will not discriminate on the basis of race, color, national origin, religion, sex, disability, or marital status in admission or access to, or treatment or employment in its programs and activities

Web-Email Lunch Account System

Access your current account information online-at www.hemingford schools.org and click the button on the right labeled "What's for Lunch".

INCLEMENT WEATHER

The Superintendent of schools is authorized by the Board of Education to close public schools in case of severe weather. The Superintendent's will notify local news media when inclement weather warrants such action. The **information is broadcast regularly by radio stations, (KCOW AM 1400, KQ 106 & 97.5 FM, KMOR 92.9 FM), our web site (www.hemingfordschools.org), and Mobius web site (www.bbc.net).**

SchoolWay

Notifications for inclement weather and other school news will be sent to parents by SchoolWay powered by Jostens. SchoolWay is a free app that is downloaded to a mobile device that will receive alerts sent out by the school. To get the app go to myschoolway.com. Enter the WayCode **rg464h**.

School notifications will also will be posted through the school Facebook, website and local radio stations. If you have any questions please contact school at 487-3330.

Nutrition Nuggets™

Food and Fitness for a Healthy Child

January 2019

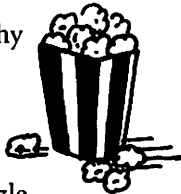
Hemingford Public Schools



BEST BITES

Popcorn party

National Popcorn Day is January 19! You and your youngster can enjoy this treat with a healthy twist. Instead of topping your popcorn with butter, sprinkle it with chili powder or cinnamon. Or drizzle with melted dark chocolate and add coconut flakes. *Tip:* Choose air-popped or plain microwave popcorn to avoid oil and salt.



Spring activity sign-up

Get a head start on spring by signing your child up for sports and activities now. Talk to her about sports she's interested in, and then check registration dates. You might look into T-ball, soccer, roller hockey, and lacrosse leagues. Or she may want to take tennis lessons, join a running club, or try cheerleading.

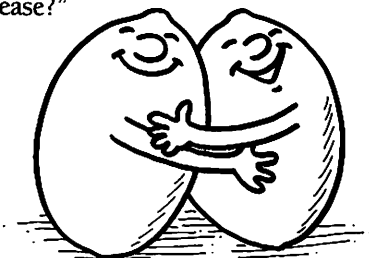
DID YOU KNOW?

Your youngster's stomach is roughly the size of his two fists. That image can give him (and you) an idea of how much food it takes to fill him up. Help him control portion sizes by serving smaller meals and snacks that will satisfy his hunger but curb overeating.

Just for fun

Q: How does a lemon ask for a hug?

A: "Can you give me a squeeze, please?"



Healthy winter traditions

Start 2019 off with new and fun family traditions that will motivate your child to eat healthy foods. Try these ideas.

Cold-weather cookouts

On a clear day, fire up the backyard barbecue or head to a park that has grills. Take along lean burger patties, whole-wheat buns, and fixings like lettuce and tomato. Also, fill a thermos with hot apple cider, and pack nutritious side dishes like mashed sweet potatoes or steamed green beans in insulated containers.

Cozy "summer" picnics

Add variety to winter meals with indoor picnics. Spread out a blanket on the living room floor, and enjoy summer favorites from the frozen food aisle. *Examples:* corn on the cob, strawberries, sliced zucchini. Frozen fruits and vegetables are

just as nutritious as fresh, and they're available year-round.

Themed potlucks

Take turns hosting healthy potlucks with relatives or friends. The host gets to pick the theme! Maybe all foods must begin with C, such as carrots and celery sticks, vegetable chili, and cornbread. Or choose an ingredient (say, oranges) that every dish must include (orange-glazed chicken, spinach salad with mandarin orange slices). ●



Five-minute circuit

In just five minutes, your youngster can complete his own "fitness circuit" and build endurance and strength. Have him post instructions around the house and do his circuit a few times a day. Here are suggestions.



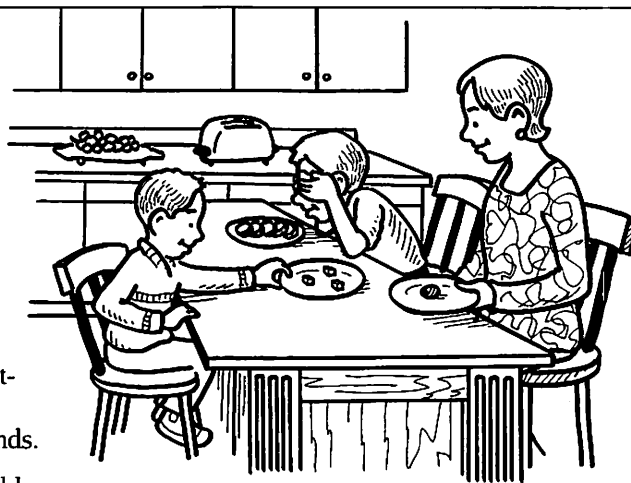
- 1. Basement:** Jump rope while singing your favorite song.
- 2. Foyer:** Throw a ball straight up, clap three times, and catch the ball.
- 3. Living room:** Pretend you're a soldier going under a fence. Lay on the ground, and use your elbows to "army crawl" under a table.
- 4. Kitchen:** Line up chairs, and skip around them.
- 5. Laundry room:** Jump back and forth over an upside-down laundry basket. ●

A sensory feast

Your child can explore his senses while he eats. The following activities will encourage him to pay attention to the tastes, scents, and textures of food.

Sweet and salty sort. Give your youngster a serving of trail mix, and ask him which items taste sweet (raisins, dried cranberries) and which taste salty (pretzels, peanuts). He could sort the ingredients into piles according to taste and graph his finds.

Scent guessing game. Encourage your child to identify familiar foods by their scents. On separate plates, serve items like cheese cubes,



banana slices, and olives. Have him close his eyes, smell them one at a time, and tell you what's on each plate. How many can he guess correctly?

Texture combo.

Together, make sandwiches or salads that incorporate as many textures as possible. Then, talk about the textures as you eat. For

a sandwich, you might use *soft* bread, *tender* turkey, *crunchy* sprouts, and *smooth* avocado slices. Or toss salads with *crisp* lettuce, *firm* radish slices, *crumbly* feta, and *creamy* dressing. ●



PARENT TO PARENT Recipe suggestion box

Pizza, tacos, chicken nuggets...our family tended to eat the same things, and I couldn't find the time to search for new, healthy recipes everyone would like. When I mentioned this to my sister, she showed me her "recipe suggestion box." I loved the idea, so we created one for our kitchen.

I asked my family to collect interesting or unusual recipes. We snipped some from newspapers and food packages, copied recipes from cookbooks, and printed some from our favorite websites. We even clipped recipes from our *Nutrition Nuggets* newsletters!



My son Tyler decorated a box to store our clippings. Now before we go to the grocery store, we pluck out a couple and buy any ingredients we need. On the menu this week: portobello mushroom shepherd's pie and chickpea gyros! ●

ACTIVITY CORNER Music and movement

Music is a great motivator when it comes to physical activity. Use these tips to encourage your child to be active and build large motor skills.

● **Songs with a twist.** Let your youngster create her own versions of familiar songs. For "The Hokey Pokey," instead of "turn yourself around," she might sing, "Do a forward roll" or "Run up and down the stairs." Or sing "If You're Happy and You Know It," and change the actions to "hop on one foot" or "touch your toes."



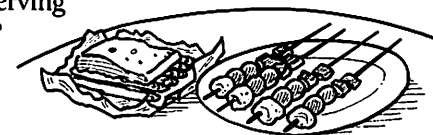
● **Make up dances.** Together, choreograph a dance routine using different combinations of moves. Each person could pick a dance step (leap, twirl, jump). Then, have your child use the steps to create a pattern. *Example:* Jump, twirl, twirl, leap, jump, twirl, twirl, leap. Put on music, and let her lead you in performing the routine. ●

IN THE KITCHEN Kid-friendly fish dishes

Hook your youngster on healthy fish with these flavorful recipes.

Tilapia foil packets

Your child can wrap these servings up like presents. Set out 4 foil squares. On each square, have her line up 6 asparagus stalks and top with a 4-oz. tilapia fillet. Let her sprinkle each fillet with 1 tsp. lemon juice and add 1 lemon slice. Now she should fold the foil tightly around each serving and place on a baking sheet. Bake at 400° until the fish flakes and the asparagus is tender, about 15–20 minutes.



Salmon and veggie kebabs

Invite your youngster to put together these colorful kebabs. In a bowl, gently toss 1 lb. of salmon chunks with 18 cherry tomatoes, 1 cup cubed red onion, 2 tbsp. olive oil, 1 tbsp. lime juice, 1½ tsp. thyme, and 1 tsp. minced garlic. On separate skewers, your child can thread 1 salmon piece, 2 tomatoes, and 2 onion cubes. Bake at 350° for 15–20 minutes until the fish is cooked through. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630

Hemingford Public School District #10

<div style="display: flex; justify-content: space-around; align-items: center;"> January ▼ 2019 ▼ </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Christmas Break - No School	2 Christmas Break - No School	3 ● 3:00pm: G/B BB @ Garden County Christmas Break - No School	4 ● 2:00pm: G/B BB vs. Minatare Christmas Break - No School	5 ● 9:00am: WR @ Garden County Invite
6	7 White Day	8 ● 4:00pm: G/B BB @ Chadron ● 5:00pm: JH Boys BB @ Crawford Red Day	9 ● 9:00am: FFA District Ag Ed Conference @ WNCC White Day	10 Red Day	11 ● 2:00pm: G/B BB vs. Bayard White Day ● 6:00pm: WR @ Mullen/Southeast/Star Quad	12 ● 8:30am: WR @ Sandhills-Dunning Invite ● 1:00pm: G/B BB @ Sioux County Gering Speech Invite
13	14 Red Day G/B BB Panhandle Conference Tourney @ Crawford ● 7:00pm: School Board Meeting	15 White Day G/B BB Panhandle Conference Tourney @ Crawford	16 ● 9:00am: FFA District Ag Ed Conference @ WNCC Snow Date Red Day G/B BB Panhandle Conference Tourney @ Crawford	17 ● 5:00pm: JH Boys BB vs. Mitchell White Day G/B BB Panhandle Conference Tourney @ Crawford	18 Red Day G/B BB Panhandle Conference Tourney @ Crawford WR @ Chadron Invite	19 Scottsbluff Speech Invite G/B BB Panhandle Conference Tourney @ Crawford WR @ Chadron Invite
20	21 ● 4:00pm: JH Boys BB @ Morill White Day JVB BB @ Bridgeport JV Tourney	22 Red Day JVB BB @ Bridgeport JV Tourney ● 6:00pm: G BB vs. Crawford	23 White Day FCCLA District Star Competition @ Alliance	24 ● 5:00pm: JH Boys BB vs. Hay Springs Red Day ● 6:30pm: FFA Meeting	25 White Day	26 ● 1:00pm: G/B BB vs. Edgemont Alliance Speech Invite
27	28 Red Day JH Boys BB Panhandle Conference Tourney @ Hay Springs ● 7:00pm: FCCLA Chapter Meeting	29 ● 2:45pm: Big Brother/Big Sister White Day	30 Red Day	31 ● 9:00am: WR @ WTC/SPVA @ Bridgeport White Day G/B BB Western Trails Conference Tourney @ WNCC		

Hemingford Public School District #10

<div style="display: flex; justify-content: space-around; align-items: center;"> February ▾ 2019 ▾ </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Red Day</div> <div style="border: 1px solid black; padding: 2px;">G/B BB Western Trails Conference Tourney @ WNCC</div>	<ul style="list-style-type: none"> ● 9:00am: FFA –State Degree Interviews/Proficiency Awards in Alliance <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Chadron Speech Invite</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">G/B BB Western Trails Conference Tourney @ WNCC</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">WR @ State Duals (if qualified)</div> <div style="border: 1px solid black; padding: 2px;">WR @ Southeast Duals - Yoder, WY</div>
3	4	5	6	7	8	9
	<ul style="list-style-type: none"> ● 4:30pm: JH Boys BB vs. Alliance St. Agnes <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">White Day</div>	<ul style="list-style-type: none"> ● 2:00pm: G/B BB vs. Morrill <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Red Day</div>	<ul style="list-style-type: none"> ● 9:00am: FFA –Ag Mechanics Contest Farm & Ranch @ Gordon <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">White Day</div> <div style="border: 1px solid black; padding: 2px;">Western Trails Conference Speech - Kimball</div>	<ul style="list-style-type: none"> ● 4:00pm: JH Boys BB vs. Alliance <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Red Day</div>	<ul style="list-style-type: none"> ● 2:00pm: G/B BB vs. Kimball <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">White Day</div> <div style="border: 1px solid black; padding: 2px;">WR Districts @ Broken Bow</div>	<ul style="list-style-type: none"> ● 9:00am: JH Boys BB @ Bridgeport <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">WR Districts @ Broken Bow</div> <div style="border: 1px solid black; padding: 2px;">Bridgeport Speech Invite</div>
10	11	12	13	14	15	16
	<ul style="list-style-type: none"> ● 2:45pm: Big Brother/Big Sister <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Red Day</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">G BB @ Subdistricts - TBD</div> <ul style="list-style-type: none"> ● 7:00pm: FCCLA Chapter Meeting ● 7:00pm: School Board Meeting 	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">White Day</div> <div style="border: 1px solid black; padding: 2px;">G BB @ Subdistricts - TBD</div>	<ul style="list-style-type: none"> ● 9:00am: FFA –Ag Mechanics Contest Farm & Ranch @ Gordon (Snow Date) <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Red Day</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">G BB @ Subdistricts - TBD</div> <div style="border: 1px solid black; padding: 2px;">FCCLA Legislative Day/State Officer Interview @ Lincoln</div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">White Day</div> <div style="border: 1px solid black; padding: 2px;">G BB @ Subdistricts - TBD</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">WR @ State</div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Mid-Winter Break - No School</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">WR @ State</div> <ul style="list-style-type: none"> ● 6:00pm: B BB @ Crawford 	<ul style="list-style-type: none"> ● 8:30am: JH Boys BB @ Bayard Invite ● 3:00pm: B BB vs. Mitchell <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Ogallala Speech Invite</div> <div style="border: 1px solid black; padding: 2px;">WR @ State</div>
17	18	19	20	21	22	23
	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Teacher In Service</div> <div style="border: 1px solid black; padding: 2px;">B BB @ Subdistricts - TBD</div>	<ul style="list-style-type: none"> ● 9:00am: John Baylor On To College Presentation <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">FFA –ESU Inservice Day @ Scottsbluf Ag Building</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Red Day</div> <div style="border: 1px solid black; padding: 2px;">B BB @ Subdistricts - TBD</div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">White Day</div> <div style="border: 1px solid black; padding: 2px;">B BB @ Subdistricts - TBD</div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Red Day</div> <div style="border: 1px solid black; padding: 2px;">B BB @ Subdistricts - TBD</div> <ul style="list-style-type: none"> ● 6:30pm: FFA Meeting ● 6:30pm: FFA Meeting 	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">White Day</div> <div style="border: 1px solid black; padding: 2px;">G BB @ Districts - TBD</div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Gordon - Rushville Speech Invite</div>
24	25	26	27	28		
<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">FCCLA Peer Education Conference @ Kearney</div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Red Day</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">B BB @ Districts - TBD</div> <div style="border: 1px solid black; padding: 2px;">FCCLA Peer Education Conference @ Kearney</div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">White Day</div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Red Day</div>	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">White Day</div> <div style="border: 1px solid black; padding: 2px;">G BB @ State - TBD</div>		



Hemingford Public Schools Breakfast Menu

January 2019

Milk is served with all meals. Alternative either hot or cold cereal offered every day.

Monday	Tuesday	Wednesday	Thursday	Friday
				
7 Grab N' Go	8 Omelet/Toast Or PBJ Fruit/Juice	9 Waffles N' Strawberries Or Oatmeal Fruit/Juice	10 French Toast Sausage Links Or PBJ Fruit/Juice	11 Breakfast Pizza Or Cold Cereal Fruit/Juice
14 Biscuits & Sausage Gravy Or Cold Cereal Fruit/Juice	15 Scrambled Eggs Muffins or PBJ Fruit/Juice	16 Pancakes Sausage Patty or Yogurt Parfait Fruit/Juice	17 Breakfast Casserole or PBJ Fruit/Juice	18 Breakfast Burrito or Cold Cereal Fruit/Juice
21 Breakfast Sandwich or Cold Cereal Fruit/Juice	22 Omelet/Toast PBJ Fruit/Juice	23 Waffles N' Strawberries Oatmeal Fruit/Juice	24 French Toast Sausage Links Or PBJ Fruit/Juice	25 Breakfast Pizza Or Cold Cereal Fruit/Juice
28 Biscuits & Sausage Gravy Or Cold Cereal Fruit/Juice	29 Omelet/Toast PBJ Fruit/Juice	30 Waffles N' Strawberries Oatmeal Fruit/Juice	31 French Toast Sausage Links Or PBJ Fruit/Juice	

Menus are subject to change

USDA is an equal opportunity provider & employer.

The Hemingford Public School provides lunches in accordance with the National School Lunch Program.

The cost of a breakfast is as follows: PreK-12 - \$1.65 Adult Breakfast - \$2.15

The cost of a lunch is as follows: PreK - \$2.15 K-6th - \$2.40 7-12 Lunch - \$2.70 Adult Lunch - \$3.85



Hemingford Public Schools Lunch Menu

January 2019

Milk is served with all meals. Fruit/Salad/Vegetable Bar Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
				
7 Chicken Sandwich Corn	8 Shepard's Pie Biscuit	9 Tacos Refried Beans	10 Turkey Gravy over Mashed Potatoes Dinner Roll	11 Corn Dogs Green Beans Apple Crisp
14 Chili Cheese Fries Peas	15 Chicken N' Noodles Mashed Potatoes Dinner Roll	16 Bobcat Taco Green Beans	17 Grilled Cheese Tomato Soup	18 Beef N' Bean Burrito Corn Cookie
21 Hot Ham & Cheese Sandwich Green Beans	22 Chicken Bowls Dinner Roll	23 Cavatini Carrots Breadstick/ Garlic Bread	24 Hamburger on Bun Baked Beans	25 Sloppy Jo on Bun Celery/Carrots Ice Cream
28 Roast Beef Sub Cheesy Broccoli	29 Teriyaki Chicken over Rice Peas Dinner Roll	30 Beefy Nachos Carrots	31 Salisbury Steak Mashed Potatoes Dinner Roll	

Menus are subject to change

USDA is an equal opportunity provider & employer.

The Hemingford Public School provides lunches in accordance with the National School Lunch Program.

The cost of a breakfast is as follows: PreK-12 - \$1.65 Adult Breakfast - \$2.15

The cost of a lunch is as follows: PreK - \$2.15 K-6th - \$2.40 7-12 Lunch - \$2.70 Adult Lunch - \$3.85