Caffeine increases mental alertness, but in higher doses can cause anxiety, dizziness, headaches, and the jitters. It can also interfere with normal sleep and is a diuretic, which causes a person to urinate more, potentially causing dehydration. Try to limit caffeine consumption to no more than 100 mg of caffeine daily. If you are consuming too much caffeine, you may want to cut back slowly, otherwise, you may get headaches, feel tired, or be irritable. If you feel tired, take a nap or go to bed early. It is likely your body is trying to tell you it needs more rest. Below is the caffeine content on some of the most popular caffeinated items:

- 1 can or 16 ounces of Monster Energy Drink – 160 mg
- 1 can or 16 ounces of Rockstar Energy Drink – 160 mg
- 1 cup of coffee – 95 mg
- 1 can or 4.8 ounces of Red Bull Energy Drink – 80 mg
- 1 can or 12 ounces of Mountain Dew – 55 mg
- 1 cup of tea – 45 mg
- 1 can or 12 ounces of Diet Coke – 46 mg
- 1 ounce Dark Chocolate – 25 mg

### Monday, December 2, 2019

**Breakfast**
- Breakfast Sausage Wraps 19 with Maple Syrup 28 or
- Hot Oatmeal 14 or Assorted Cold Cereal or
- Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 or
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 21

**Lunch**
- Personal Pan Pepperoni Pizza 30
- Buffalo Style Chicken Munchkins 20 with a Tea Roll 12
- Personal Pan Cheese Pizza]
- Slappy Joe Sandwich 39
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Golden Corn 16
- Chef Salad: 33
- Diced Egg
- American, Lettuce & Spinach Mix, Croutons, & Breadstick

### Tuesday, December 3, 2019

**Breakfast**
- Glazed Raised Donut 44
- Frozen Peach Cup 19
- Hot Oatmeal 23 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 or
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 21

**Lunch**
- Popcorn Chicken Bowl 45 with a Tea Roll 12
- Country Beef Cutsie on a Bun 45
- Chicken and Cheese Taquitos 30
- Sandwich of the Day: Turkey, American 41
- Whipped Potatoes 15 and Gravy 5
- Green Beans 4
- Chef Salad: 33
- Grilled Chicken Strips, White American, Lettuce & Spinach Mix, Breadstick, & Croutons

### Wednesday, December 4, 2019

**Breakfast**
- Cinnamon Muffin Square 45
- Iced Strawberry Cup 21
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 or
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 21

**Lunch**
- Hamburger on a Bun 26
- Tangerine Chicken 25 with Steamed Brown Rice 21 and a Tea Roll 12
- Chicken Alfredo 17 with Penne Pasta 39 and a Tea Roll 12
- Cheeseburger on a Bun 27
- Sandwich of the Day: Country Boy 30
- Baked School Fries 18
- Chef Salad: 41
- Turkey Deli, Mozzarella, Lettuce & Spinach Mix, Breadstick, & Tea Roll

### Thursday, December 5, 2019

**Breakfast**
- A+ Biscuit 25
- Hot Oatmeal 23 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 or
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 21

**Lunch**
- BBQ Chicken Thigh 17 with Jalapeño Cornbread 49
- Cheese Calzone 35 with Pasta Sauce 4
- Italian Meatball Sub 39
- Sandwich of the Day: Italian Deli Wrap 41
- Peppered-Up Potato 127
- Black-Eyed-Peas 26
- Beef Taco Salad: 65
- Taco Meat, Black Bean Salsa, White American, Lettuce & Spinach Mix, Tortilla Chips

### Friday, December 6, 2019

**Breakfast**
- Warm Pancakes 30 with Maple Syrup 28 or
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 or
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 21

**Lunch**
- Mini Corn Dogs 31
- Spicy Chicken Patty on a Bun 43
- Beef Lasagna 33 with a Tea Roll 12
- Crispy Chicken Patty on a Bun 42
- Sandwich of the Day: Turkey, Deli 30
- Baked School Fries 18
- Golden Corn 16
- Chef Salad: 34
- Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, & Tea Rolls
For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a fruit or a vegetable.

- Your teen years are an essential time of growth and development. Not only do you need more calories during this phase, but also it is important to consume more of certain nutrients. Although all vitamins and minerals are important, below are the ones to focus on the most:
  - **Calcium**: to build strong bones and teeth. Good sources of calcium include fat-free or low-fat milk, yogurt, and cheese.
  - **Vitamin D**: to keep bones healthy. Good sources of vitamin D include orange juice, whole oranges, tuna, and fat-free or low-fat milk.
  - **Potassium**: to help lower blood pressure. Try a banana or baked potato with the skin, for a potassium boost.
  - **Fiber**: to help you stay regular and feel full. Good sources of fiber include beans, celery, and whole grains.
  - **Protein**: to power you up and help you grow strong. Peanut butter, eggs, tofu, legumes, chicken, fish, and low-fat meats are all great sources of protein.
  - **Iron**: to help your body transport oxygen to cells. Red meat contains a form of iron that your body absorbs best. Spinach, beans, and iron-fortified cereals are also sources of iron. You can help your body absorb the iron from these foods better when you also eat foods with vitamin C, such as an orange.

### Monday, December 9, 2019

**Breakfast**
- Cinnamon Glazed French Toast
- Hot Oatmeal
- Apple Oatmeal Bars
- Chocolate Oatmeal Bars
- Chilled Yogurt Bar
- Hot Boiled Eggs
- Vanilla Bear Graham

**Lunch**
- Beef Ranchero Sandwich
- Cheese Breadsticks with Pasta Sauce
- Spicy Black Bean Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries

### Tuesday, December 10, 2019

**Breakfast**
- Glazed Cinnamon Roll
- Hot Apple Oatmeal
- Apple Oatmeal Bars
- Chocolate Oatmeal Bars
- Chilled Yogurt Bar
- Hot Boiled Eggs
- Vanilla Bear Graham

**Lunch**
- Lemongrass Chicken
- Steamed Brown Rice
- Tea Roll
- BBQ Rib on a Bun
- Hamburger Quesadilla
- Sandwich of the Day: Turkey Deli
- Steamed Fresh Broccoli
- Golden Corn

### Wednesday, December 11, 2019

**Breakfast**
- Orange Cumb Muffin Top
- Apple Oatmeal
- Apple Oatmeal Bars
- Chocolate Oatmeal Bars
- Chilled Yogurt Bar
- Hot Boiled Eggs
- Vanilla Bear Graham

**Lunch**
- Pork Tenderloin on a Bun
- Pizzeria Style Cheese & Spinach Pizza
- Chicken Egg Roll
- Steamed Brown Rice
- Turkey & American
- Steamed Green Beans
- Baked School Fries

### Thursday, December 12, 2019

**Breakfast**
- Chicken and Waffle Sandwich
- Iced Mixed Fruit Cup
- Hot Apple Oatmeal
- Apple Oatmeal Bars
- Chocolate Oatmeal Bars
- Chilled Yogurt Bar
- Hot Boiled Eggs
- Vanilla Bear Graham

**Lunch**
- Creamed Turkey
- Tea Rolls
- Pepperoni Pocket
- Cheeseburger on a Bun
- Whipped Potatoes
- Sample: Fresh Cranberries

### Friday, December 13, 2019

**Breakfast**
- Colby Cheese Omelet
- Warm Biscuit
- Tomato Soup
- Hot Oatmeal
- Apple Oatmeal Bars
- Chocolate Oatmeal Bars
- Chilled Yogurt Bar
- Hot Boiled Eggs
- Vanilla Bear Graham

**Lunch**
- Chili Cheese Dog
- BBQ Pulled Pork Nachos
- Hot Dog on a Bun
- Hamburger Pizza
- Sandwich of the Day: Turkey & American
- Homemade Baked Beans

### Menu Key:
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item

### Complimentary Breakfast is Available for All Enrolled Students in All Schools!

### Lunch Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Price</th>
<th>Reduced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
<td>$0.40</td>
</tr>
<tr>
<td>Sec.</td>
<td>$1.75</td>
<td>$0.40</td>
</tr>
<tr>
<td>Adult</td>
<td>$3.75</td>
<td>$0.35</td>
</tr>
</tbody>
</table>

---

**Daily Menu Choices**
- **Yogurt Bar**
- **Cheese Sandwich**
- **Sunburst & Jelly Sandwiches**
- **Peanut Butter and Jelly Sandwiches**

---

**Sante Fe Chipsters** are vegetarian entrée choices offered daily.

**Locally Grown**
- Locally grown fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium ranch dressing.

---

**Important Information**
- All menu items include vegetables, whole grains, and fat-free or low-fat milk, yogurt, and cheese.
- The following persons have been designated to handle inquiries regarding the non-discrimination policies included in this document:
- District Office: Director of Student Services & Equity, 3225 North 107th Street, Omaha, NE 68164 (402) 557-3276.
- School Building: Contact your school office.
- To file a complaint of discrimination, write to the U.S. Department of Education, Office for Civil Rights, 500 Independence Avenue, SW Washington, D.C. 20202-5620. Inquiries can be made in writing, by phone, or by email to the address indicated above.

---

**Mission Statement:**
To enhance the health and well-being of our students, the students and staff of each building, by providing high-quality meals according to the district’s administrative guidelines and state and federal regulations.