Senior High

Breakfast & Lunch Menu

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 vegetable or a fruit.

Skipping meals might seem like an easy way to lose weight, but it actually may lead to weight gain if you eat more later to make up for it. Even if you're really busy with school and activities, it's important to try to skip meals. Follow these tips to keep your body charged up all day and to stay healthy:

Eat school breakfast. Breakfast helps your body get going. If you're short on time in the morning, school breakfast is the easy solution. It provides an entree, fruit, juice, and milk to satisfy your hunger until lunch.

Eat school lunch. School lunch helps you control your food and beverage portions and increases the chances that you will eat fruits and vegetables.

Eat dinner with your family. When you eat home-cooked meals with your family, you are more likely to consume healthy foods. Having dinner together also gives you a chance to reconnect with each other and share news about your day.

Get involved in grocery shopping and meal planning at home. Going food shopping and preparing meals with family members or friends can be fun. Not only can you choose a favorite grocery store, and healthy foods and recipes, you also have a chance to help others in your family eat healthy too.

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**Monday, September 9, 2019**

**Breakfast**
- **Breakfast Sausage Wrap** 19 with Maple Syrup 28 or Applesauce Cup 14
- **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 Pizza 37**
- **Buffalo Style Chicken Munchins 20 with Tea Roll 12**
- **Cheese Pizza 37**
- **Slippy Joe Sandwich 39**
- **Sandwich of the Day: Smoked Turkey & Mozzarella 28**
- **Golden Corn 16**

**Tuesday, September 10, 2019**

**Breakfast**
- **Breakfast Sausage Wrap** 19 with Maple Syrup 28 or Applesauce Cup 14
- **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**
- **Macho Nachos 45**
- **Chicken and Cheese Tacos 30**
- **Not So Macho Nachos 39**
- **Country Beef Cutlet on a Bun 45**
- **Sandwich of the Day: Turkey & American 41**
- **Retired Beans 21**
- **Green Beans 44**

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**Wednesday, September 11, 2019**

**Breakfast**
- **Breakfast Sausage Wrap** 19 with Maple Syrup 28 or Applesauce Cup 14
- **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**
- **Cheesy Dog on a Bun 31**
- **Chicken Alfredo 17 with Penne Pasta 39 **
- **Cheeseburger on a Bun 27**
- **Hot Dog on a Bun 28**
- **Sandwich of the Day: Country Boy 30**
- **Baked Emoji Fried‡ 18**

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**Thursday, September 12, 2019**

**Breakfast**
- **Breakfast Sausage Wrap** 19 with Maple Syrup 28 or Applesauce Cup 14
- **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**
- **Popcorn Chicken Bowl 45 with Tea Roll 12**
- **Smoked Turkey and Cheese Melt 28**
- **Pepperoni Calzone with Pasta Sauce 34**
- **Sandwich of the Day: Italian Deli Wrap 41 with Tea Roll 12**
- **Whipped Potatoes 15 with Gravy 5**
- **Fresh Cantaloupe**
- **National Fortune Cookie Day!**

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**Friday, September 13, 2019**

**Breakfast**
- **Breakfast Sausage Wrap** 19 with Maple Syrup 28 or Applesauce Cup 14
- **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**
- **Chicken Tso Chicken 23 with Steam Brown Rice 21 & Tea Roll 12**
- **Spicy Chicken on a Bun 43**
- **Beef Lasagna 33 with Tea Roll 12**
- **Crispy Chicken Patty on a Bun 42**
- **Sandwich of the Day: Turkey Deli 30**
- **Baked School Fries 18 Golden Corn 16**
- **Fortune Cookie**

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

Complimentary Breakfast is available for ALL Enrolled Students in All Schools!

**Breakfast & Lunch**
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- No cold ice & fat-free milk is offered as part of every meal, but is not required to be taken. (Cups of cold water are available, free of charge.)

**Daily Lunch Options**
- **Yogurt Parfait, Cheese Sandwich, Sunburst & Jelly Sandwiches, and Peanut Butter & Jelly Sandwiches are vegetarian alternate choices offered daily.**
- **Roasted Red Pepper Hummus and Sun & Chips are vegetarian alternate choices offered daily.**
- **All vegetables and fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.**

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Every Day

Most grains items are whole-grain rich.

**Breakfast & Lunch**
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- No cold ice & fat-free milk is offered as part of every meal, but is not required to be taken. (Cups of cold water are available, free of charge.)

**Lunch Prices**

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<th>Full Price</th>
<th>Reduced</th>
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<tr>
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<tr>
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<td>Milk</td>
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**Our Mission Statement:** To enhance the health and well-being of our customers, the students and staff at each building, by providing high-quality meals according to our Mission Statement.

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### Senior High
**Breakfast & Lunch Menu**

For a complete Breakfast, you must select **three stars**, at least one star must be a vegetable or a fruit. For a complete lunch, you must select **three stars**, at least one star must be a vegetable or a fruit.

Atkins? Vegan? South Beach? Keto? Paleo? With a world focused on dieting, how do you determine what is healthy? You can spot a 'fad' diet because they eliminate certain foods, especially ones containing necessary nutrients. Deriving your body from necessary nutrients can cause detrimental health issues later in life. While you might lose weight, it is usually temporary. Here are ways to spot a fad diet:

- Recommendations that promise a quick fix.
- Claims that sound too good to be true.
- Dramatic statements that go against a reputable scientific organization.
- Lists 'good' and 'bad' foods.
- Elimination of one or more of the five food groups (fruits, vegetables, grain, protein, or dairy).
- Recommendations made to help sell a product.

The best way to lose weight is by exercising 30 minutes a day, at least 5 servings of fruits and vegetables each day, consuming low-fat and fat-free dairy, eating whole grains, and drinking plenty of water. Losing weight takes time, so be patient!

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### Monday, September 16, 2019

**Breakfast**
- Sausage Breakfast Pizzazz 22
- 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**
- Beef Ranchero Pizza 30
- Cheese Breadsticks 25 with Pasta Sauce 4
- Oven Baked Fieri Chicken 5 w/ Mini Cornbread Muffin 29
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Greens Beans 4 & Baked Fries 18

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### Tuesday, September 17, 2019

**Breakfast**
- Glazed Cinnamon Roll 65
- Hot Apple Oatmeal 19 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
- BBQ Rib on a Bun 41
- Chicken Egg Roll 20 w/ Teriyaki Chicken Dippers 5 and Steamed Brown Rice 21
- Sandwich of the Day: Turkey Deli 40
- Steamed Fresh Broccoli 2 & Baked Potato Smiles 25

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### Wednesday, September 18, 2019

**Breakfast**
- Orange Crumb Muffin Top 28/2 w/ Vanilla Bear Graham 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**
- Pork Tenderloin on a Bun 44
- Pizzeria Style Cheese Pizza 27
- Beef Quesadilla 39
- Pizzeria Style Pepperoni Pizza 28
- Sandwich of the Day: Turkey and American 58
- Steamed Green Beans 4

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### Thursday, September 19, 2019

**Breakfast**
- Baked Apple Breadstick 47
- Iced Strawberry Cup 21
- Hot Apple Oatmeal 19 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**
- Creamed Turkey 7 w/ Tea Rolls 23
- Hamburger on a Bun 26
- Pepperoni Pockey 32
- Cheeseburger on a Bun 27
- Sandwich of the Day: Classic 29
- Whipped Potatoes 15 with Gravy 5

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### Friday, September 20, 2019

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

**Lunch Prices**
- Full Paid 1.45
- Reduced 0.40
- Elem. 1.75
- Sec. 1.45
- Adult 1.75
- Milk 0.35

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

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**Every Day**
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- No cold 1% & fat-free milk is offered as part of every meal, but is not required to be taken. (Caps of cold water are available, free of charge.)

**Daily Lunch Options**
- Yogurt Parfait, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entree choices offered daily.
- Roasted Red Pepper Hummus and Sun chips are vegetarian entree choices offered daily.
- All vegetables are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.

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*Notes: Prices are subject to increase. All Menus are subject to changes.*