Children who enjoy breakfast every day have better memories, more stable moods and energy, do better in class, and score higher on tests. During the week of March 2-6, school districts throughout the United States will celebrate school breakfast. Permanently established in 1975 by an act of congress, the National School Breakfast Program serves more than 14 million children every school day. That’s a crowd of cosmic proportions!

Eating a nutritious breakfast helps students blast off to a successful school day requiring special meals. For more information about special menus, contact our office at 531-299-9859. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.

**SNOW DAYS!**

Present a real challenge and menu changes have to be made. We appreciate your understanding. Check out the menu changes on the OPS Nutrition Services website at ops.org.

**National Sloppy Joe Day**

Friday  March 6
NO SCHOOL

**National Happy Birthday Week**

Monday  March 2
Breakfast
Cinnamon Glazed French Toast Apple Sauce Cup White Milk
Lunch
Cheese Breadsticks with Pasta Sauce Golden Corn Chilled Diced Pears Birthday Grahams White Milk

**National School Breakfast Week: “School Breakfast Out of This World”**

March 2-6, 2020

***Out of This World!***

At the core of this year’s theme are 16 clever extraterrestrials representing popular breakfast items (and corresponding with meal pattern requirements). Check out the crew:

- Yeoman Egg, who takes care of all the logistical details for interplanetary missions
- Bot Banana Barnstormer, the pilot with bravado, with their trusty sidekick, Blueberry the Puff!
- Admiral “Sir Crunch” Apple, the head of the space crew
- The engineering crew—Sergeant Wired Waffle, Hi-Tech Yogurt and seven Techie Toads, all of whom manage the ship’s controls and keep it running smoothly
- The scientist crew—Professor Barley, Dr. Cereal, and Mad Scientistsubmitted for further information.

Visit our website for nutrition information, free/reduced applications and more about our program at http://district.ops.org. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-9880. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.

### Lunch Prices

- **Full**
  - Elem. $1.35
  - Adult $3.75
  - Milk $0.35
- **Reduced**
  - Elem. $0.40
  - Adult $0.75
  - Milk $0.35

This institution is an equal opportunity provider.

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Cycle</th>
<th>March 2</th>
<th>March 3</th>
<th>March 4</th>
<th>March 5</th>
<th>March 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Cinnamon Glazed French Toast</td>
<td>Apple Sauce Cup White Milk</td>
<td>Hard Cooked Egg</td>
<td>Vanilla Bean Grahams</td>
<td>Chilled Diced Pears White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Cheese Breadsticks with Pasta Sauce Golden Corn Chilled Diced Pears Birthday Grahams White Milk</td>
<td>Soft Shell Beef Taco</td>
<td>Go Green! Fresh Spinach Salad Fresh Banana</td>
<td>White Milk</td>
<td></td>
</tr>
</tbody>
</table>
Children who enjoy breakfast every day have better memories, more stable moods and energy, do better in class, and score higher on tests. During the week of March 2-6, school districts throughout the United States will celebrate school breakfast. Permanently established in 1975 by an act of congress, the National School Breakfast Program serves more than 14 million children every school day. That’s a crowd of cosmic proportions!

Eating a nutritious breakfast helps students blast off to a successful school day by being ready to learn by refueling their body after going without food for 8-12 hours during sleep. Additionally, they tend to keep their weight under control, by being ready to learn by refueling their body after going without food for 8-12 hours during sleep. Additionally, they tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

Omaha Public Schools serves more than 23,000 breakfasts each school day. Each student may participate in the complimentary breakfast program located at their school. Check out the breakfast menus – they are OUT OF THIS WORLD!

**National School Breakfast Week: “School Breakfast Out of This World”**

**Breakfast Menus – They Are School Day.**

Each student may participate in the complimentary few trips to the school nurse with stomach complaints related to hunger.

Children who enjoy breakfast every day have better memories, more stable moods and energy, do better in class, and score higher on tests. During the week of March 2-6, school districts throughout the United States will celebrate school breakfast. Permanently established in 1975 by an act of congress, the National School Breakfast Program serves more than 14 million children every school day. That’s a crowd of cosmic proportions!

Eating a nutritious breakfast helps students blast off to a successful school day by being ready to learn by refueling their body after going without food for 8-12 hours during sleep. Additionally, they tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

Omaha Public Schools serves more than 23,000 breakfasts each school day. Each student may participate in the complimentary breakfast program located at their school. Check out the breakfast menus – they are OUT OF THIS WORLD!
Children who enjoy breakfast every day have better memories, more stable moods and energy, do better in class, and score higher on tests. During the week of March 2-6, school districts throughout the United States will celebrate school breakfast. Permanently established in 1975 by an act of congress, the National School Breakfast Program serves more than 14 million children every school day. That’s a crowd of cosmic proportions!

Eating a nutritious breakfast helps students blast off to a successful school day by being ready to learn by refueling their body after going without food for 8-12 hours during sleep. Additionally, they tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

Omaha Public Schools serves more than 23,000 breakfasts each day, which contributes to an estimated 600,000 fewer trips to the school nurse with stomach complaints related to hunger. Students who eat breakfast have better memories, more stable moods and energy, do better in class, and score higher on tests. During the week of March 2-6, school districts throughout the United States will celebrate school breakfast.

Go Green! Fresh Spinach Salad
Chilled Diced Pears
Go Green! Fresh Spinach Salad
Fresh Banana
White Milk

**Nutrition Facts**

- Calories: 583
- Amount Per Serving (Week Avg.):
  - Saturated Fat: 13.4 g
  - Cholesterol: 80 mg
  - Sodium: 745 mg
  - Total Carbohydrate: 28.9 g
  - Dietary Fiber: 8.2 g

*Percent Values are based on the comparison for
Iron 3 mg 80%
Calcium 497 mg 134%
Vitamin A 1639 IU 115%
Dietary Fiber 8 gm 162%
Total Carbohydrate
Sodium
Cholesterol
Saturated Fat Calories

**Condiments are included
*Percent Values are based on the comparison for
Iron 3 mg 89%
Calcium 431 mg 116%
Vitamin C 30 mg 176%
Vitamin A 1170 IU 82%
Dietary Fiber 8 gm 179%
Total Carbohydrate
Sodium
Cholesterol
Saturated Fat Calories

**Parent/Teacher Conferences**

**SNOW DAYS!**

Present a real challenge and menu changes have to be made. We appreciate your understanding. Check out the menu changes on the OPS Nutrition Services website at ops.org.

---

**Week of March 2-6, 2020**

<table>
<thead>
<tr>
<th>Cycle 3</th>
<th>Cycle 4</th>
<th>Cycle 5</th>
<th>Cycle 6</th>
<th>Cycle 7</th>
<th>Cycle 8</th>
<th>Cycle 9</th>
<th>Cycle 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
</tr>
<tr>
<td>March 2</td>
<td>March 3</td>
<td>March 4</td>
<td>March 5</td>
<td>March 6</td>
<td>March 16</td>
<td>March 17</td>
<td>March 18</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>NO SCHOOL</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>Cheese Breadsticks</td>
<td>Soft Shell Beef Taco</td>
<td>NO SCHOOL</td>
<td>Beef Ranchero Pizza</td>
<td>Tangerine Chicken</td>
<td>Sloppy Joe on a Bun</td>
<td>Chicken Nuggets</td>
<td>Fish Wedge Sandwich</td>
</tr>
<tr>
<td>with Pasta Sauce Golden Corn</td>
<td>Go Green! Fresh Spinach Salad Fresh Banana</td>
<td>White Milk</td>
<td>White Milk</td>
<td>Steamed Brown Rice</td>
<td>Icy Cucumber Apple</td>
<td>Baked School Fries Iced Blueberries</td>
<td>Golden Corn</td>
</tr>
<tr>
<td>Chilled Diced Pears Birthday Grahams</td>
<td>White Milk</td>
<td>White Milk</td>
<td>White Milk</td>
<td>White Milk</td>
<td>White Milk</td>
<td>White Milk</td>
<td></td>
</tr>
</tbody>
</table>

**National Sloppy Joe Day**

**Spring Recess - March 9-13, 2020**

**National School Breakfast Week: “School Breakfast Out of This World”**

**Week of March 16-20, 2020**

**Lunch Prices**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
</tr>
<tr>
<td>Sec.</td>
<td>$1.75</td>
</tr>
<tr>
<td>Adult</td>
<td>$3.75</td>
</tr>
<tr>
<td>Milk</td>
<td>$0.35</td>
</tr>
</tbody>
</table>

**Lunch Prices**

- Full: $3.75
- Reduced: $1.75
- Adult: $3.75
- Milk: $0.35

**This institution is an equal opportunity provider.**

Visit our website for nutrition information, free/reduced applications and more about our program at [http://district.ops.org](http://district.ops.org)! Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-9880. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at [www.schoolcafe.com](http://www.schoolcafe.com).