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 have lower blood cholesterol levels and fewer absences from school, and make children every school day. That’s a crowd of cosmic proportions!

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

Breakfast

28 Cinnamon Glazed French Toast
14 Apple Slices

Lunch

25 Cheese Breadsticks
4 with Pasta Sauce
2 Fresh Grape Tomatoes
16 Golden Corn
14 Chilled Diced Pears
21 Birthday Cakes

67 sandwich box:
Smoked Turkey & White American, Lettuce & Spinach Mix, Whole-grain
Birthday Sandwiches

54 Chef Salad:
Salted Caramel Almonds, Lettuce & Spinach Mix, Birthday Cakes, Birthday Cakes, Birthday Cakes

98 Roasted Red Pepper Hummus Box

Lunch Prices

Adult $3.75
Elem. $1.45 .40
Full Paid Reduced

Nutrition Facts

Serving Size 1 Meal

Calcium 492 mg 133%
Vitamin C 52 mg 307%
Vitamin A 3123 IU 219%
Dietary Fiber 8 gm 168%
Iron 3 mg 85%
Calcium 463 mg 125%
Vitamin C 16 mg 95%
Protein

Total Carbohydrate

Sodium

Fat Calories

Saturated Fat Calories

% Value*

18 gm 25%
18 cal 25%
5 cal 7%
10363
18 cm 25%
18 cal 25%
5 cal 7%
10363

*Percent Values are based on the comparison for

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.

Weekly of March 2-6, 2020

Nutrition Facts

Serving Size 1 Lunch per Day

Calcium 92 mg 5%
Iron 3 mg 85%
Calcium 92 mg 5%
Vitamin C 16 mg 95%
Protein

Total Carbohydrate

Sodium

Fat Calories

Saturated Fat Calories

% Value*

18 gm 25%
18 cal 25%
5 cal 7%
10363
18 cm 25%
18 cal 25%
5 cal 7%
10363

*Percent Values are based on the comparison for

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.

Weekly of March 16-20, 2020

Nutrition Facts

Serving Size 1 Lunch per Day

Calcium 92 mg 5%
Iron 3 mg 85%
Calcium 92 mg 5%
Vitamin C 16 mg 95%
Protein

Total Carbohydrate

Sodium

Fat Calories

Saturated Fat Calories

% Value*

18 gm 25%
18 cal 25%
5 cal 7%
10363
18 cm 25%
18 cal 25%
5 cal 7%
10363

*Percent Values are based on the comparison for

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 16-20, 2020

Nutrition Facts

Serving Size 1 Lunch per Day

Calcium 92 mg 5%
Iron 3 mg 85%
Calcium 92 mg 5%
Vitamin C 16 mg 95%
Protein

Total Carbohydrate

Sodium

Fat Calories

Saturated Fat Calories

% Value*

18 gm 25%
18 cal 25%
5 cal 7%
10363
18 cm 25%
18 cal 25%
5 cal 7%
10363

*Percent Values are based on the comparison for

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 16-20, 2020

Nutrition Facts

Serving Size 1 Lunch per Day

Calcium 92 mg 5%
Iron 3 mg 85%
Calcium 92 mg 5%
Vitamin C 16 mg 95%
Protein

Total Carbohydrate

Sodium

Fat Calories

Saturated Fat Calories

% Value*

18 gm 25%
18 cal 25%
5 cal 7%
10363
18 cm 25%
18 cal 25%
5 cal 7%
10363

*Percent Values are based on the comparison for

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.