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.

Ah, winter! Shorter days, frigid temperatures and foul weather. Let’s face it, spending the winter alternating between napping in bed and laying across the couch sounds awfully good. But fight the temptation! Winter sports can help you burn calories, increase your cardiovascular fitness, and strengthen muscles. Activities that are weight-bearing help build stronger and denser bones. Winter is a great time to experiment with new sports. The trick is to find one that matches your interests and natural abilities.

- If you like to walk, keep walking – on snowshoes.
- If you want to try an endurance sport, go for cross-country skiing.
- If you just want to get out of the house, sledding is just plain fun.

Being outdoors and getting exercise are also great for your mental health. Exercise boosts mood and sunlight seems to help beat back the winter blues. So slap on some sunblock and GO!

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**Monday, January 20, 2020**

**No School**

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**Tuesday, January 21, 2020**

**Breakfast**
- Breakfast Sausage Wrap with Maple Syrup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

**Lunch**
- Personal Pan Meat Lovers Pizza
- Buffalo Chicken Munchins with a Tea Roll
- Korean BBQ Beef on a Bun
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Golden Corn
- **Chef Salad:** Diced Egg, American, Lettuce & Spinach Mix, Breadstick, & Croutons

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**Wednesday, January 22, 2020**

**Breakfast**
- Cinnamon Muffin Square
- Iced Mixed Fruit Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

**Lunch**
- Cheeseburger on a Bun
- Tangerine Chicken w/ Steamed Brown Rice & Tea Roll
- Chicken Alfredo w/ Penne Pasta & Tea Roll
- Hambuger on a Bun
- Sandwich of the Day: Country Boy
- **Chef Salad:** Turkey, Mozzarella, Lettuce & Spinach Mix, Breadstick & Tea Roll

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**Thursday, January 23, 2020**

**Breakfast**
- A+ Biscuit Or Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

**Lunch**
- Chicken Breast Salad w/ Tea Roll
- Country Beef Cutlet on a Bun
- Beef Lasagna w/ a Tea Roll
- Sandwich of the Day: Turkey Deli
- Whipped Potatoes w/ Gravy
- **Chef Salad:** Beef Taco Salad: Taco Meat, Black Bean Salsa, American, Lettuce, & Spinach Mix, & Tortilla Chips

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**Friday, January 24, 2020**

**Breakfast**
- Warm Pancakes with Maple Syrup
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

**Lunch**
- Mini Corn Dogs
- Spicy Chicken Patty on a Bun
- Pepperoni Calzone w/ Pasta Sauce
- Crispy Chicken Patty on a Bun
- Sandwich of the Day: Italian Deli Wrap
- **Chef Salad:** Smoked Turkey, White American, Lettuce & Spinach Mix, & Tea Roll

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

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

**Lunch Prices**

<table>
<thead>
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<th></th>
<th>Full Paid</th>
<th>Reduced</th>
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<tbody>
<tr>
<td>Elem.</td>
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<tr>
<td>Milk</td>
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</tbody>
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**Every Day**

**Breakfast & Lunch**
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and blueberries. Assorted canned or frozen fruits and 100% juice will also be available.
- If a cold 1% or fat-free milk is offered as part of every meal, it is not required to be taken. (Cups of cold water are available, free of charge.)

**Daily Lunch Options**
- Yogurt Packet, Cheese Sandwich, Sunburst & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarianatarian choices offered daily.
- Roasted Red Pepper Hummus and Spinach & Feta Chapati are vegetarianatarian choices offered daily.
- All we can eat fresh vegetables are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium ranch dressing.

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Our menu has been planned to meet federal regulations including but not limited to: no group of proteins, sugar, calories, fibers and oils, and no artery or Yanoski. The menu is then cooked using fresh ingredients, sourced locally when available, and food from local farms and local sources. This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.

**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 across all formats for the visually impaired. Please call 531-299-0230 for further information.

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This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.
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.

Health problems from being overweight go way beyond diabetes and heart disease. Being overweight can also affect a person's joints, sleep, mood, breathing, and energy levels. So what is the definition of overweight?

- When people eat more calories than they burn off, their bodies tend to store the extra calories as fat. A couple of pounds of extra fat are not a health risk for most people.
- Eventually, the body gets to a point where the amount of body fat can have a negative effect on a person's health. We use the term "overweight" to describe someone who is at a greater risk of developing weight-related problems.
- More people are overweight today than ever before. This health problem affects young people as well as adults.

Figuring out if a teen is overweight can be more complicated than it is for adults. That's because teens are still growing and developing. Luckily, it's never too late to make changes that effectively control weight and the health problems it causes. Those changes don’t have to be big. And don’t be afraid to ask for help!

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**Monday, January 27, 2020**

**Breakfast**
- Cinnamon Glazed French Toast
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanity Bear Graham

**Lunch**
- Beef Ranchero Pizza
- Cheese Breadsticks w/ Pasta Sauce
- Spicy Black Bean Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Rolls
- Savory Roasted Butternut Squash

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**Tuesday, January 28, 2020**

**Breakfast**
- Turkey Sausage Pizzazz Pizza
- Frozen Peach Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanity Bear Graham

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

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**Wednesday, January 29, 2020**

**Breakfast**
- Orange Crumb Muffin Top w/ Vanity Bear Graham
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanity Bear Graham

**Lunch**
- Pork Tenderloin on a Bun
- Pizza Style Cheese Pizza
- Chicken Egg Roll w/ Steamed Brown Rice & Teriyaki Chicken Dippers
- Pizza Style Pepperoni Pizza
- Sandwich of the Day: Pastrami & White American on a Bagel
- Baked School Rolls
- Steamed Green Beans

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**Thursday, January 30, 2020**

**Breakfast**
- Glazed Cinnamon Roll
- Icee Strawberry Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanity Bear Graham

**Lunch**
- Hamburger on a Bun
- Creamed Turkey w/ Mini Cornbread Muffins
- Pepperoni Packet
- Cheeseburger on a Bun
- Sandwich of the Day: Classic
- Whipped Potatoes w/ Gravy

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**Friday, January 31, 2020**

**Breakfast**
- Colby Cheese Omelet with a Warming Biscuit or Toast
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanity Bear Graham

**Lunch**
- Hot Dog on a Bun
- BBQ Pulled Pork Nachos
- Cheese Pizza
- Chili Cheese Dog on a Bun
- Sandwich of the Day: Hoagie
- Homemade Baked Beans
- Frozen Strawberries

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

**Menu Key:**
- -Contains Pork
- Meatless Item
- -Spicy
- -New Item
- -Vegan

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**Our mission statement:**

"The mission of the Omaha Public Schools Nutrition Services Department is to provide nutritious meals to support the academic achievement of all school children, and to provide a safe and clean environment for all students and staff."

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**Daily Specials:**

- **Monday, January 27, 2020:**
  - Chef Salad: Diced Egg, Mozzarella, Lettuce & Spinach Mix, & Tea Rolls
- **Tuesday, January 28, 2020:**
  - Chef Salad: Smoked Turkey, White American, Lettuce & Spinach Mix, Breadstick, & Tea Rolls
- **Wednesday, January 29, 2020:**
  - Chef Salad: Turkey Deli, Mozzarella, Lettuce & Spinach Mix, & Tea Rolls
- **Thursday, January 30, 2020:**
  - Chef Salad: Smoked Chicken Strips, Black Bean & Corn Salsa, Lettuce & Spinach Mix, Tri-Colored Chips, Southwestern Ranch Dressing
- **Friday, January 31, 2020:**
  - Baja Chicken Salad: Grilled Chicken Strips, Black Bean & Corn Salsa, Lettuce & Spinach Mix, Tri-Colored Chips, Southwestern Ranch Dressing

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**Our mission statement:**

"Our mission is to serve nutritious meals to support the academic achievement of all school children, and to provide a safe and clean environment for all students and staff."

---

**Menu Key:**
- -Contains Pork
- Meatless Item
- -Spicy
- -New Item
- -Vegan

---

**Our mission statement:**

"The mission of the Omaha Public Schools Nutrition Services Department is to provide nutritious meals to support the academic achievement of all school children, and to provide a safe and clean environment for all students and staff."