The New Year is a great time to develop healthier habits. Changing them can be difficult and developing new habits takes time. Use the tips below to stay motivated and meet your goals. You can do it!

- **Make changes slowly.** Don’t expect to change your eating, drinking, or activity habits overnight. Changing too much too fast may hurt your chances of success.
- **Figure out what’s holding you back.** Are there unhealthy snacks and drinks at home that are too tempting? Do you eat more when you are bored? How can you change these habits? Asking your family to avoid purchasing unhealthy items, avoiding the junk food section at the grocery store, or going for a walk instead of mindlessly eating are options for developing healthier habits.
- **Set a few realistic goals.** If you’re a soda drinker, try replacing a couple of sodas with water. Once you are drinking less soda for a while, try cutting out all soda. Then, set another goal, such as getting more physical activity each day. Once you have reached one goal, add another.
- **Get a support system.** Ask a friend, brother or sister, parent, or guardian to help you make changes and stick with your new habits. Not only can it help you, but it can help them become healthier too!

### Monday, January 6, 2020

**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.

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### Tuesday, January 7, 2020

**Breakfast**

- Glazed Dutch Waffle
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs
- Vanilla Bear Graham

**Lunch**

- Chicken Alfredo with Penne & a Breadstick
- Bacon Cheddar Burger on a Bun
- Garlic Cheese French Bread
- Sandwich of the Day: Turkey Deli
- Curly Fries

**Friday, January 10, 2020**

**Breakfast**

- Glazed Cinnamon Roll
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs
- Vanilla Bear Graham

**Lunch**

- Chicken Nuggets with a Tea Roll
- **A+** Biscuit
- **Korean BBQ Sandwich**
- **Sandwich of the Day:** Hoagie
- **Baked School Fries**
- **Baked Beans**
- **Berry and Peach Medley**

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

<table>
<thead>
<tr>
<th>Menu Key:</th>
<th>- Contains Pork</th>
<th>- Meatless Item</th>
<th>- Spicy</th>
<th>- New Item</th>
<th>- Vegan</th>
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**Lunch Prices**

<table>
<thead>
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<th></th>
<th>Full Price</th>
<th>Reduced</th>
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<tbody>
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<tr>
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- **We no longer accept cash or checks at the cafeteria.** You must use a meal plan, pay in advance online, or make sure your funds are sufficient for school meals. Please contact the business office for more information.

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

- **Our Mission Statement:** To enhance the health and well-being of our students, the students and staff of each building, by providing high-quality meals and well-balanced meals each day, promoting healthy lifestyle, nutrition, and wellness.

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For more information about special meals, contact our office at 531-299-9658. School lunch prices 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.
Senior High
Breakfast & Lunch Menu

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It’s true, snacking is important! They help provide the nutrients you need to grow and maintain a healthy weight. Snacks are meant to provide energy and nutrients to hold you over until the next meal and is not meant to be a big meal. Snacks can be part of a healthy diet as long as you choose the right foods. Use this acronym to help become a healthier snacker.

- S: Smaller Portions. Use the Nutrition Facts Label to determine the correct serving size to eat. Keep your snacks small.
- N: Not in front of electronics. Eat snacks away from distractions, so you don’t overeat.
- A: Am I really hungry? Ensure you are not eating out of boredom or out of habit.
- K: Keep it in the kitchen. Eat at the table and be aware of how much you are eating.
- S: Sit down, slow down, savor, and enjoy! Take your time and enjoy your food.

Monday, January 13, 2020

Breakfast
- Blueberry Muffin Top with a • Vanilla Bear Graham
- Hot Oatmeal or • Assorted Cold Cereal or • Apple Oatmeal Bars or • Chocolate Oatmeal Bars
- Chilled Yogurt Bar or • Hard Boiled Eggs and • Vanilla Bear Graham

Lunch Prices

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Tuesday, January 14, 2020

Breakfast
- Cinnamon Glazed French Toast
- Hot Peach Oatmeal or • Assorted Cold Cereal or • Apple Oatmeal Bars or • Chocolate Oatmeal Bars
- Chilled Yogurt Bar or • Hard Boiled Eggs and • Vanilla Bear Graham

Wednesday, January 15, 2020

National Bagel Day!

Breakfast
- Bagel with • Italian Meat Sauce or Marinara Sauce and Garlic Cheese Bread
- • Mini Corn Dogs
- • Grilled Buffalo Chicken Salad with a • Breadstick & Garlic Cheese Bread
- • Sandwich of the Day: Turkey Deli & Steamed Green Beans

Thursday, January 16, 2020

National Hat Day!

Breakfast
- Colby Cheese Omelet with a • Warm Biscuit or a • Tortilla
- Hot Peach Oatmeal or • Assorted Cold Cereal or • Apple Oatmeal Bars or • Chocolate Oatmeal Bars
- Chilled Yogurt Bar or • Hard Boiled Eggs and • Vanilla Bear Graham

Friday, January 17, 2020

Breakfast
- Oatmeal Chipper Breakfast Round
- Iced Apricot Cup
- Hot Oatmeal or • Assorted Cold Cereal or • Apple Oatmeal Bars or • Chocolate Oatmeal Bars
- Chilled Yogurt Bar or • Hard Boiled Eggs and • Vanilla Bear Graham

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

Visit our website for nutrition information, free/meal applications, and more about our program at nutrition.oabsd.org. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-0853. 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.