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 fruit or a vegetable.

Make snacks work for you by choosing nutrient-rich foods from the MyPlate food groups. Snacks can boost your energy between meals and supply essential vitamins and minerals. There is a place for snacks in a healthy eating plan. Use the following tips when deciding what snacks to eat:

- Think of snacks as mini-meals that contribute nutrient-rich foods. Keep snack calories to less than 200 and try to include a fruit or vegetable with each snack.
- Snack only when you are hungry. Skip the urge to eat when you are bored, frustrated, or stressed. Instead, try taking a walk or meditating.
- Keep portion control in mind. Either eat pre-portioned snacks or place a single serving from a package into a bowl. Eating directly from a multiple-serving package can lead to overeating.
- Plan snacks ahead of time. Keep a variety of nutritious ready-to-eat supplies on hand, such as whole-grain crackers, low-fat cheese, fruits, and vegetables.

Monday, October 21, 2019

**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 Boiled Eggs and Vanilla Bean Graham

**Lunch**
- Hamburger Pizza
- Buffalo Style Chicken Munchins with Tea Roll
- Cheese Pizza
- Slappy Joe Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Golden Corn

**Dinner**
- Chef Salad: Diced Egg, White American, Lettuce & Spinach Mix, Croutons, & Breadstick

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Tuesday, October 22, 2019

**Breakfast**
- Glazed Raised Donut
- Ciced Strawberry Cup
- Hot Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Graham

**Lunch**
- Macho Nachos
- Chicken and Cheese Taquitos
- Not So Macho Nachos
- Country Beef Cutlet on a Bun
- Sandwich of the Day: Turkey & American Refried Beans
- Green Beans

**Dinner**
- Chef Salad: Grilled Chicken Strips, American, Lettuce & Spinach Mix, Breadstick, & Croutons

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Wednesday, October 23, 2019

**Breakfast**
- Cinnamon Muffin Square
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Graham

**Lunch**
- Hamburger on a Bun
- BBQ Chicken Teriyaki with Rice and a Tea Roll
- Chicken Alfredo with Penne Pasta and a Tea Roll
- Cheeseburger on a Bun
- Sandwich of the Day: Country Boy Baked School Fries
- Frozen Sliced Strawberries

**Dinner**
- Chef Salad: Turkey Deli, Mozzarella, Lettuce & Spinach Mix, Breadstick, & Tea Roll

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Thursday, October 24, 2019

**Breakfast**
- Apple Bacon or Mini Pancakes
- Frozen Peach Cup or Hot Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Graham

**Lunch**
- Balsamic Chicken Bowl with Tea Roll
- Smoked Turkey and Cheese Melt
- Beef Lasagna with Tea Roll
- Sandwich of the Day: Turkey Deli Whipped Potatoes with Gravy

**Dinner**
- Beef Taco Salad: Taco Meat, Black Bean Salsa, American, Lettuce & Spinach Mix, & Tortilla Chips

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Friday, October 25, 2019

**Breakfast**
- Warm Pancakes with Maple Syrup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Graham

**Lunch**
- Mini Corn Dogs
- Spicy Chicken on a Bun
- Pepperoni Calzone with Pasta Sauce
- Crispy Chicken Patty on a Bun
- Sandwich of the Day: Italian Deli Wrap
- Baked School Fries
- Golden Corn

**Dinner**
- Chef Salad: Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, & Tea Rolls

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

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

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Lunch Prices

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<thead>
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<th>Item</th>
<th>Full</th>
<th>Reduced</th>
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<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
<td>$0.40</td>
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<tr>
<td>Sec.</td>
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<td>$0.40</td>
</tr>
<tr>
<td>Adult</td>
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<td></td>
</tr>
<tr>
<td>Milk</td>
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Our menus have been planned to meet federal regulations including but not limited to, FDA guidelines and portion sizes. Over the course of the year, our menus will be updated to include additional fruits, vegetables, grains, and the vegetable subgroup consisting of dark green, orange, legumes, starchy, and other. A variety of nutrient-rich foods from the MyPlate food groups are offered with our homemade low fat cheese. The sodium ranch dressing. Students are encouraged to purchase fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.

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To enhance the health and well-being of our customers, the students and staff of Omaha Public Schools, we offer delicious meals throughout the school year. Our menus have been planned to meet federal regulations including but not limited to, FDA guidelines and portion sizes. Over the course of the year, our menus will be updated to include additional fruits, vegetables, grains, and the vegetable subgroup consisting of dark green, orange, legumes, starchy, and other. A variety of nutrient-rich foods from the MyPlate food groups are offered with our homemade low fat cheese. The sodium ranch dressing. Students are encouraged to purchase fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.
For a complete Breakfast, you must select three stars, at least one star must be a fruit or a vegetable. As a child, Halloween candy was a highly treasured and desired reason to go trick-or-treating and you may head out this Halloween for the same reason. It may be challenging to rely on self-control when eating Halloween candy in moderation, so follow the suggestions below:

- **Eat in the company of others.** Surround yourself with others as this may make you more conscious of what and how much food you are eating. You are more prone to overeating when you are by yourself.
- **Drink water.** Try to fill yourself up with water before and while eating the candy. By having a cup at your lips, you will be interrupting the continuous motion of lifting your fingers to put more candy into your mouth.
- **Portion the candy.** Select a couple of pieces you are going to eat and put the rest away instead of eating directly out of the candy bag. This will help prevent from overeating.

These helpful tips don’t have to be just during the Halloween season or with just candy. Utilize some of them regarding holiday eating or if you are just trying to portion control any meal!

### Monday, October 28, 2019

#### Breakfast
- Sausage Breakfast Pizzazz Pizza Or
- Hot Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- Beef Ranchero Pizza
- Cheese Breadsticks with Pasta Sauce
- Oven Baked Fried Chicken
- Mini Jalapeno Cornbread Muffin
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Glazed Butternut Squash
- Baked Fries
- Roasted Red Pepper Hummus and Sante Fe Chipsters

### Tuesday, October 29, 2019

#### Breakfast
- Glazed Cinnamon Roll Or
- Hot Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- General Tso Chicken
- BBQ Rib on a Bun
- Chicken Egg Roll with Teriyaki Chicken Dippers and Rice
- Sandwich of the Day: Turkey Deli
- Steamed Fresh Broccoli
- Golden Corn
- Fresh Lunch Bunch Grapes

### Wednesday, October 30, 2019

#### Breakfast
- Orange Curb Muffin Top w/ Vanilla Bean Grains Or
- Hot Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- Pork Tenderloin on a Bun
- Pizzeria Style Cheese Pizza
- Beef Quasadilla
- Pizzeria Style Pepperoni Pizza
- Sandwich of the Day: Pantrami and White American
- Steamed Green Beans
- Baked School Fries

### Thursday, October 31, 2019

#### Breakfast
- Pumpkin Crumb Cake
- Iced Strawberry Cup
- Hot Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- Creamed Turkey with Tea Rolls
- Hamburger on a Bun
- Pepperoni Pocket
- Cheeseburger on a Bun
- Sandwich of the Day: Classic Round
- Whipped Potatoes with Gravy

### Friday, November 1, 2019

#### Breakfast
- Cheese Omelet w/ Warm Biscuit or Tortilla
- Or
- Hot Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- Cheesy Dog on a Bun
- BBQ Pulled Pork Nachos
- + Cheese Pizza
- Hot Dog on a Bun
- Sandwich of the Day: Turkey & American
- Homemade Baked Beans

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

#### Lunch Prices
- **Full Paid**
  - Elem. $1.45
  - Sec. $1.75
  - Adult $3.75
  - Milk $0.35
- **Reduced**
  - Elem. $0.40
  - Sec. $0.40
  - Adult $0.40
  - Milk $0.35

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*This information is available in alternate formats for the visually impaired. Please call 531-206-2381 for further information.*

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**O.M.A.H.A. Menu Information**: The School Nutrition Program has been designed to meet the nutritional needs of all children. Students are encouraged to choose a wide variety of meals to ensure a balanced diet. Nutritious meals include: Fresh Fruits, Fresh Vegetables, Whole Grains, Milk, and Water. Students are encouraged to eat nutritious meals at school and to enjoy balanced meals at home. For more information, please contact the school cafeteria manager or visit the website at www.schoolcafeteria.com.