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.

October is National Vegetarian Awareness Month. Many individuals choose to follow a vegetarian diet for a variety of reasons. This can be a healthy lifestyle if you know how to incorporate all of the food groups and necessary nutrients.

- Vegetarian sources of protein come from beans, lentils, peas, soy, and nuts. Some vegetables are lacto-ovo, meaning they eat eggs and dairy, which also provides protein.
- It is important to find good sources of calcium, especially for teenage vegetarians whose bones are still developing. Fortified orange juice and soy milk, fortified breakfast cereals, and dark greens are good choices.
- Vitamin B12 is primarily in animal products, so vegetarians need to select foods fortified with this vitamin such as certain soy products or breakfast cereals.
- Your cafeteria offers numerous vegetarian items every day! The list includes Yogurt Parfaits, Italian Falafel Subs, Santa Fe Chipsters, Cheese and Veggie Pizza, Bean & Cheese Burritos, Peanut Butter & Jelly Sandwiches, and much more!

Monday, October 7, 2019

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

Lunch
- Meat Lovers Personal Pan Pizza
- Cheeseburger on a Bun
- Cheesy Garlic Flatbread
- Hamburger on a Bun
- Sandwich of the Day: Turkey Deli
- Pepped-Up Potatoes

The Hamburger and Cheeseburger is offered with lettuce and tomato!

Tuesday, October 8, 2019

Breakfast
- Breakfast Potato Casserole & A + Warm Biscuit
- Iced Apricot Cup
- 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

Lunch
- + Veggie Pizza
- Buffalo Chicken Munchies with Tea Roll
- + Hamburger Pizza
- Sloppy Joe Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Green Beans

Wednesday, October 9, 2019

Breakfast
- Warm Biscuit with Peanut Butter & Jelly & Sausage Patty
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

Lunch
- Breaded Spicy Chicken Patty on a Bun
- + A + Biscuit
- Crispy Chicken Patty on a Bun
- Homestyle Meatloaf with Breadsticks
- Sandwich of the Day: Turkey & American Cibatatta
- Whipped Potatoes with Beef Gravy
- Steamed Carrots

Thursday, October 10, 2019

Breakfast
- "No School"

Lunch
- "No School"

Friday, October 11, 2019

Breakfast
- "No School"

Lunch
- "Teacher Workday"

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

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

Lunch Prices

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<thead>
<tr>
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<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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For immediate or 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 students and staff at each building, by providing high-quality meals and accommodations to all students, the cafeteria manager manages the entire department, ensuring that all students are served the healthiest meals possible.

School lunch money may be transferred to an account and 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.

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

For more information about special menus, contact our office at 531-299-9859. School lunch money may be transferred to an account and 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. This institution serves students with allergies.

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

©2019 Sodexo Inc. All rights reserved. This restaurant is located in the City of Omaha, Nebraska. All rights reserved. For more information about special menus, contact our office at 531-299-9859. School lunch money may be transferred to an account and 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.
There are four main types of dietary fat—monounsaturated, polyunsaturated, saturated, and trans fat. Unsaturated fats are healthier fats, while saturated and trans fats are fats to consume less of. Good sources of unsaturated fats include olive oil, peanut butter, avocados, almonds, soybeans, and canola oil.

Dietary fat helps with many different bodily functions which include:

- Providing long-lasting energy.
- Helping you feel full after eating.
- Helping make hormones.
- Forming part of your brain and nervous system.
- Transporting vitamins throughout your body.
- Helping to regulate your body temperature.

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.

Not all fats are bad—in fact, we need to eat a certain amount of fat every day for normal growth and development. Dietary fat helps with many different bodily functions which include:

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