Caffeine increases mental alertness, but in higher doses can cause anxiety, dizziness, and the jitters. It can also interfere with normal sleep and is a diuretic, which causes a person to urinate more, potentially causing dehydration. Try to limit caffeine consumption to no more than 100 mg of caffeine daily. If you are consuming too much caffeine, you may want to cut back slowly, otherwise, you may get headaches, feel tired, or be irritable. If you feel tired, take a nap or go to bed early. It is likely your body is trying to tell you it needs more rest. Below is the caffeine content on some of the most popular caffeinated items:

- 1 can or 16 ounces of Monster Energy Drink – 160 mg
- 1 can or 16 ounces of Rockstar Energy Drink – 160 mg
- 1 cup of coffee – 95 mg
- 1 can or 8.4 ounces of Red Bull Energy Drink – 80 mg
- 1 can or 12 ounces of Mountain Dew – 55 mg
- 1 cup of Oatmeal or Hot Oatmeal or Oatmeal Bars – 44 mg
- 1 can or 12 ounces of Diet Coke – 46 mg
- 1 ounce Dark Chocolate – 25 mg

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**Monday, December 2, 2019**

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

**Lunch**
- Personal Pan Pepperoni Pizza
- Buffalo Style Chicken Munchins with a Tea Roll
- Personal Pan Cheese Pizza
- Sloppy Joe Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Golden Corn

**Tuesday, December 3, 2019**

**Breakfast**
- Glazed Raised Donut or Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

**Lunch**
- Popcorn Chicken Bowl with a Tea Roll
- Country Beef Cutlet on a Bun
- Chicken and Cheese Taquitos
- Sandwich of the Day: Turkey & American
- Whipped Potatoes and Gravy
- Green Beans

**Wednesday, December 4, 2019**

**Breakfast**
- Cinnamon Muffin Square or Iced Strawberry Cup or Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

**Lunch**
- Hamburger on a Bun
- Tangerine Chicken with Steamed Brown 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

**Thursday, December 5, 2019**

**Breakfast**
- Biscuit or Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

**Lunch**
- BBQ Chicken Thigh with 2 Jalapeño Cornbread
- Cheese Calzone with Pasta Sauce
- Italian Meatball Sub
- Sandwich of the Day: Italian Deli Wrap
- Peppled-Up Potato
- Black Eyed-Peas

**Friday, December 6, 2019**

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

**Lunch**
- Mini Corn Dogs
- Spicy Chicken Patty on a Bun
- Beef Lasagna with a Tea Roll
- Crispy Chicken Patty on a Bun
- Sandwich of the Day: Turkey Deli
- Baked School Fries
- Golden Corn

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

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

**Lunch Prices**

<table>
<thead>
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<tr>
<td>Elem.</td>
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Monday, December 9, 2019

**Breakfast**
- Cinnamon Glazed French Toast
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

**Lunch**
- Beef Ranchero Pizza
- Cheese Breadsticks with Pasta Sauce
- Spicy Black Bean Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries

**Tuesday, December 10, 2019**

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

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

**Wednesday, December 11, 2019**

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

**Lunch**
- Pork Tenderloin on a Bun
- Pizzeria Style Cheese Pizza
- Chicken Egg Roll with Steamed Brown Rice & Teriyaki Chicken Dippers
- Pepperoni Pepperoni Pizza
- Sandwich of the Day: Turkey & American
- Steamed Green Beans
- Baked School Fries

**Thursday, December 12, 2019**

**Breakfast**
- Chicken and Waffle Sandwich
- Iced Mixed Fruit Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- 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
- Whipped Potatoes with Gravy
- Sample: Fresh Cranberries

**Friday, December 13, 2019**

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

**Lunch**
- Chili Cheese Dog on a Bun
- BBQ Pulled Pork Nachos
- Hot Dog on a Bun
- Ar Hamburger Pizza
- Sandwich of the Day: Turkey & American
- Homemade Baked Beans

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

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Our menus have been planned to meet federal regulations including but not limited to the sodium limits established by the Surgeon General, the sodium limits established by the American Heart Association, and the vegetarian requirements consisting of dark green leafy vegetables, red and orange vegetables, legumes, whole grains, and small amounts of fat. However, due to the number of menu items offered each day, it is not possible to independently provide these required nutrients for each individual item. The nutritional information shown is for the meal as offered and not some alternative version. For complete nutritional information, please visit our website at http://www.schoolkafes.com. The information is available in addition to the menu item. Please call 513-209-6918 for further information.

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Our Mission Statement: To enhance the health and well-being of our customers, the students and staff of each building, by providing high quality meals across the Tri-County School District. We strive daily to maintain a nutritionally balanced school lunch program that includes low fat and low sodium choices. School lunch program participation is available to all students in federal programs, as well as to those who pay for their lunches. School lunches are sold at a reduced price for students on free or reduced lunch status. The school lunch program is a U.S. Department of Agriculture (USDA) approved school lunch program. For more information, please visit the USDA website at www.ars.usda.gov. The school lunch program is approved and supported by the U.S. Department of Agriculture. To learn more about the quality of our meals, please visit http://www.schoolkafes.com. For more information, please contact the Director of Food Services at the Office of Equity and Diversity, 3215 Cuming Street, Omaha, NE 68131; 402-554-3943.

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Our mission is to provide an equal opportunity for all individuals, including students, staff, and parents of students, to participate in and receive the benefits of this program. Participants are entitled to full and equal access to the programs and activities of this program. To request information about rights under Section 504, please contact the Section 504 Coordinator, 3215 Cuming Street, Omaha, NE 68131; 402-554-3943, Ext. 3207. To request information about rights under Title II, please contact the Office of Civil Rights, U.S. Department of Education, 400 Maryland Avenue, SW, Washington, DC 20202; 1-800-879-3352 (TDD). To request information about rights under Section 504, please contact the Office of Special Education and Related Services, 3215 Cuming Street, Omaha, NE 68131; 402-554-3943.

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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.

Your teen years are an essential time of growth and development. Not only do you need more calories during this phase, but also it is important to consume more of certain nutrients. Although all vitamins and minerals are important, below are the ones to focus on the most:

- **Calcium:** to build strong bones and teeth. Good sources of calcium include fat-free or low-fat milk, yogurt, and cheese.
- **Vitamin D:** to keep bones healthy. Good sources of vitamin D include orange juice, whole oranges, tuna, and fat-free or low-fat milk.
- **Potassium:** to help lower blood pressure. Try a banana or baked potato with the skin, for a potassium boost.
- **Fiber:** to help you stay regular and feel full. Good sources of fiber include beans, celery, and whole grains.
- **Protein:** to power you up and help you grow strong. Peanut butter, eggs, tofu, legumes, chicken, fish, and low-fat meats are all great sources of protein.
- **Iron:** to help your body transport oxygen to cells. Red meat contains a form of iron that your body absorbs best. Spinach, beans, peas, and iron-fortified cereals are also sources of iron. You can help your body absorb the iron from these foods better when you also eat foods with vitamin C, such as an orange.

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Every Day

**Breakfast & Lunch**

**Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.**

**We cold 1% or fat free milk is offered as part of every meal, but is not required to be taken. (If 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 vegetarian entrée choices offered daily.**
- **Roasted Red Pepper Hummus and Sunflower Chips are vegetarian entrée choices offered daily.**
- **Aunt Sue's fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.**

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