Omaha Public Schools does not discriminate on the basis of race, color, national origin, religion, sex (including pregnancy), age, sexual orientation, gender identity, gender expression, marital status, veteran status, political affiliation or economic status in its programs, activities and employment. For more information, contact the Office of Equity and Diversity, 3215 Cuming St, Omaha, NE 68131 (531-299-0307).

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

Every Day
Most grain items are whole-grain rich.

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.
- Ice cold 1% fat-free milk is offered as part of every meal, but is not required to be taken. (Cups of cold water are available, free of charge.)
- Yogurt Parfait, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entrée choices offered daily.
- Roasted Red Pepper Hummus and Sunflower Kernels are vegetarian entrée choices offered daily.
- All high and fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium ranch dressing.

Breakfast
- Breakfast Turkey Sausage Pizzazz Pizza Or Hot Apple Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Graham

Lunch
- Country Beef Fingers with Tea Roll Bacon Cheddar Burger on a Bun Garlic Cheese French Bread Sandwich of the Day: Turkey Deli Baked Curly Fries

Tuesday, February 18, 2020

Breakfast
- Glazed Dutch Waffle Iced Strawberry Cup 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 Bean Graham

Lunch
- Breaded Spicy Chicken Patty on a Bun A+ Biscuit Crispy Chicken Patty on a Bun Beef Ranchero Pizza Sandwich of the Day: Pastami & White American on a Bagel Savory Roasted Butternut Squash Baked Tater Tots

Wednesday, February 19, 2020

Breakfast
- Warm Biscuit with Peanut Butter & Jelly and a Sausage Patty 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 Bean Graham

Lunch
- Beef and Bean Burrito with Cheese Sauce Pepperoni Pocket Fiesta Burrito with Cheese Sauce Tex Mex Mac N’ Cheese with a Breadstick Sandwich of the Day: Turkey & American Steamed Green Beans

Thursday, February 20, 2020

Breakfast
- Warm Pancakes w/ Maple Syrup 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 Bean Graham

Lunch
- Breaded Chicken Nuggets with a Tea Roll Stacked Enchilada with Tortilla Chips BBQ Pulled Pork on a Bun Sandwich of the Day: Hoagie Homemade Baked Beans Baked School Fries

Friday, February 21, 2020

Breakfast
- Pancakes w/ Maple Syrup 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 Bean Graham

Lunch
- Breaded Chicken Nuggets with a Tea Roll Stacked Enchilada with Tortilla Chips BBQ Pulled Pork on a Bun Sandwich of the Day: Hoagie Homemade Baked Beans Baked School Fries

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

Visit our website for nutrition information, free/reduced applications, and more about our program at www.schoolcafe.com. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-8858. 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.

Visit our website for nutritional information, free/reduced applications, and more about our program at www.schoolcafe.com. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-8858. 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.

Menu Key: 🍳 -Contains Pork 🍚 -Locally Grown 🍯 -Meatless Item 🌶 -Spicy 🍁 -New Item 🍽 -Vegan

Full Paid Reduced
Elm. $1.45 $0.40
Sec. $1.75 $0.40
Adult $3.75 $0.35
Milk $0.35

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. A recent study shows that 1 in 4 teens have trouble sleeping and that most are not receiving the needed 8 ½ to 9 hours of sleep each night. Do you get enough sleep? Here are 6 ways to ensure better sleep:

1. Be active during the day (at least three hours before bedtime).
2. Say goodnight to electronics for at least an hour before bedtime.
3. Create a set bedtime routine doing something relaxing such as journaling.
4. Keep a regular sleep schedule as often as possible.
5. Avoid caffeine found in tea, cola, coffee and chocolate late in the day as it is a stimulant and can make it difficult to fall asleep.
6. If you do not fall asleep within 15-30 minutes of trying, get up. Get back into bed when you feel sleepy.

Menu Key: 🍳 -Contains Pork 🍚 -Locally Grown 🍯 -Meatless Item 🌶 -Spicy 🍁 -New Item 🍽 -Vegan

Full Paid Reduced
Elm. $1.45 $0.40
Sec. $1.75 $0.40
Adult $3.75 $0.35
Milk $0.35

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. A recent study shows that 1 in 4 teens have trouble sleeping and that most are not receiving the needed 8 ½ to 9 hours of sleep each night. Do you get enough sleep? Here are 6 ways to ensure better sleep:

1. Be active during the day (at least three hours before bedtime).
2. Say goodnight to electronics for at least an hour before bedtime.
3. Create a set bedtime routine doing something relaxing such as journaling.
4. Keep a regular sleep schedule as often as possible.
5. Avoid caffeine found in tea, cola, coffee and chocolate late in the day as it is a stimulant and can make it difficult to fall asleep.
6. If you do not fall asleep within 15-30 minutes of trying, get up. Get back into bed when you feel sleepy.

Menu Key: 🍳 -Contains Pork 🍚 -Locally Grown 🍯 -Meatless Item 🌶 -Spicy 🍁 -New Item 🍽 -Vegan

Full Paid Reduced
Elm. $1.45 $0.40
Sec. $1.75 $0.40
Adult $3.75 $0.35
Milk $0.35

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. A recent study shows that 1 in 4 teens have trouble sleeping and that most are not receiving the needed 8 ½ to 9 hours of sleep each night. Do you get enough sleep? Here are 6 ways to ensure better sleep:

1. Be active during the day (at least three hours before bedtime).
2. Say goodnight to electronics for at least an hour before bedtime.
3. Create a set bedtime routine doing something relaxing such as journaling.
4. Keep a regular sleep schedule as often as possible.
5. Avoid caffeine found in tea, cola, coffee and chocolate late in the day as it is a stimulant and can make it difficult to fall asleep.
6. If you do not fall asleep within 15-30 minutes of trying, get up. Get back into bed when you feel sleepy.

Menu Key: 🍳 -Contains Pork 🍚 -Locally Grown 🍯 -Meatless Item 🌶 -Spicy 🍁 -New Item 🍽 -Vegan

Full Paid Reduced
Elm. $1.45 $0.40
Sec. $1.75 $0.40
Adult $3.75 $0.35
Milk $0.35

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. A recent study shows that 1 in 4 teens have trouble sleeping and that most are not receiving the needed 8 ½ to 9 hours of sleep each night. Do you get enough sleep? Here are 6 ways to ensure better sleep:

1. Be active during the day (at least three hours before bedtime).
2. Say goodnight to electronics for at least an hour before bedtime.
3. Create a set bedtime routine doing something relaxing such as journaling.
4. Keep a regular sleep schedule as often as possible.
5. Avoid caffeine found in tea, cola, coffee and chocolate late in the day as it is a stimulant and can make it difficult to fall asleep.
6. If you do not fall asleep within 15-30 minutes of trying, get up. Get back into bed when you feel sleepy.
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.

Food allergies are on the rise and most of us know someone with a food allergy. The most common food allergies are from nuts, milk, eggs, soy, fish, and wheat. Having support from friends and family is important to ensure that you stay healthy.

- Know the allergy specific and symptoms. Being familiar with foods that contain the allergy and the reaction that it can cause will help you tremendously.
- Take it seriously and don’t share food. Food allergies may be life-threatening. Pay attention to what you are eating and how your food is being prepared.

For some people, allergies can make them feel different or embarrassed. It’s not always easy to notice the ingredients in the food. Take care of yourself and involve all friends and family so they may help you.

### Monday, February 24, 2020
- Blueberry Muffin Top with Vanilla Bean Grains
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Grains
- Country Beef Cutlet on a Bun
- Oven-Fried Chicken with a Breaststick
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries
- Western Beans
- **Chef Salad:** Grilled Chicken Strips, White American, Spinach Salad, Breadstick, & Croutons

### Tuesday, February 25, 2020
- Cinnamon Glazed French Toast
- Hot Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Grains
- Rollini with Marinara Sauce or Italian Meat Sauce and Garlic Cheese Bread
- Mini Corn Dogs
- Grilled Buffalo Chicken Salad with a Breaststick & Garlic Cheese Bread
- Sandwich of the Day: Turkey Deli
- Steamed Green Beans
- **Chef Salad:** Smoked Turkey, Mozzarella, Spinach Salad, & Tea Rolls

### Wednesday, February 26, 2020
- Cinnamon Glazed Cinnamon Roll
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Grains
- Fish Wedge on a Bun
- Pork Tenderloin on a Bun
- Popcorn Chicken with a Breaststick
- Sandwich of the Day: Pastrami and White American on a Bagel
- Steamed Carrots
- Sweet Potato Fries
- **Chef Salad:** Chicken Caesar Salad: Grilled Chicken Strips, Spinach Salad, Breadsticks, Croutons, & Caesar Dressing

### Thursday, February 27, 2020
- Colby Cheese Omelet with a Warm Biscuit or Tortilla
- Frozen Peach Cup
- Hot Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Grains
- Chili Cheese Dog on a Bun
- Baked Potato with Pulled Pork and Cheese and Tea Rolls
- Personal Pan Pepperoni Pizza
- Hot Dog on a Bun
- Sandwich of the Day: Turkey & American
- Baked Potato
- Steamed Peas
- Frozen Strawberries
- **Chef Salad:** Diced Egg, White American, Spinach Salad, & Tea Rolls

### Friday, February 28, 2020
- Oatmeal Chipper Breakfast Round
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Grains
- Hearty Chili with a Toasted Cheese Sandwich
- Cheese Breadsticks w/ Pasta Sauce
- Breaded Chicken Parmesan Sandwich
- Sandwich of the Day: Classic
- Golden Corn
- **Chef Salad:** Turkey, American, Spinach Salad, Breadstick, & Tea Roll

---

### Lunch Prices - Full Paid Reduced

<table>
<thead>
<tr>
<th>Menu Key</th>
<th>Price (Full)</th>
<th>Price (Reduced)</th>
</tr>
</thead>
<tbody>
<tr>
<td>-Contains Pork</td>
<td>-Locally Grown</td>
<td>-Spicy</td>
</tr>
</tbody>
</table>

**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

---

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

---

**For some people, allergies can make them feel different or embarrassed. It’s not always easy to notice the ingredients in the food. Take care of yourself and involve all friends and family so they may help you.**

---

**Monday, February 24, 2020**

- Blueberry Muffin Top with Vanilla Bean Grains
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Grains

**Tuesday, February 25, 2020**

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

**Wednesday, February 26, 2020**

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

**Thursday, February 27, 2020**

- Colby Cheese Omelet with a Warm Biscuit or Tortilla
- Frozen Peach Cup
- Hot Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Grains

**Friday, February 28, 2020**

- Oatmeal Chipper Breakfast Round
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Grains