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.

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.

Monday, February 17, 2020

School Closed

Tuesday, February 18, 2020

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 Bear Grahams

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

Wednesday, February 19, 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 Bear Grahams

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

Thursday, February 20, 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 Bear Grahams

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

Friday, February 21, 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 Bear Grahams

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

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

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

We are committed to offering a diverse menu that includes both familiar favorites and creative new options. However, due to supply chain challenges, the availability of some items may be limited. We apologize for any inconvenience and appreciate your patience.

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>
<td>$1.45</td>
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Directions to our Offices:
- 6200 N. 10th Street, Omaha, NE 68131 (531-299-3987)
- For students requiring special meals: For more information about special menus, contact our office at 531-299-6006. School lunch meal 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.

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 according to the latest science.
For 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 specifics and symptoms. Being familiar with foods that contain the allergen 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 monitor the labels and 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 a Vanilla Bear Graham Crackers
- Hot Oatmeal or Assorted Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and a Vanilla Bear Graham
- Country Beef Cutlet on a Bun
- Country Beef Cutlet on a Bun
- Oven Fiery Baked Chicken with a Breadstick
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries
- Western Beans
- Cheesecake Dessert
- Chef Salad: Grilled Chicken Strips, White American, Spinach Salad, Breadstick, and Croutons

Tuesday, February 25, 2020

- Cinnamon Glazed French Toast
- Hot Peach Oatmeal or Assorted Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and a Vanilla Bear Graham
- Rotini with Marinara Sauce or Italian Meat Sauce and Garlic Bread
- Garlic Bread
- Mini Corn Dogs
- Grilled Buffalo Chicken Salad with a Breadstick & 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 Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and a Vanilla Bear Graham
- Fish Wedge on a Bun or Cheese Breadsticks with Pasta Sauce
- Popcorn Chicken with a Breadstick
- Sandwich of the Day: Pastrami and White American on a Bagel
- Steamed Carrots
- Sweet Potato Fries
- Chicken Caesar Salad: Grilled Chicken Strips, Spinach Salad, Breadstick, Croutons, & Caesar Dressing

Thursday, February 27, 2020

- Colby Cheese Omelet with a Warm Biscuit or a Tortilla
- Poached Egg Cup
- Hot Peach Oatmeal or Assorted Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and a Vanilla Bear Graham
- Chili Cheese Dog on a Bun
- Baked Potato with Pulled Pork and Cheese and a Tea Roll
- 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 or Iced Strawberry Cup
- Hot Oatmeal or Assorted Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and a Vanilla Bear Graham
- Hearty Chili with a Toasted Cheese Sandwich
- Pork Tenderloin on a Bun
- Breaded Chicken Parmesan Sandwich
- Sandwich of the Day: Classic
- Golden Corn
- Chef Salad: Turkey, American, Spinach Salad, Breadstick, & Tea Roll

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Full Price is available for all students, including those with free or reduced lunch status.

This information is available in 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 customers, the students and staff of each building, by providing high-quality meals accompanied by high quality service, at affordable prices and locations across the district, and to provide a pleasing and enjoyable environment.

Visit our website for nutrient 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 531-299-9859. 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 online payments at www.schoolcafe.com.

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