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.

Nearly 32 million children receive school meals throughout the day — many of whom are teenagers. These meals are based on nutritional standards from the U.S. Department of Agriculture. The standards increase access to healthful food and encourage students to make smart choices. So what is actually happening?

- You will benefit from healthful meals that include more whole-grains (in fact, most foods are whole-grain), fruits and vegetables (including a variety of brightly colored veggies), low-fat and fat-free dairy products, lower sodium foods, and less saturated fat.
- School meal programs provide much of what teens need for health and growth.

All students MUST take ¼ cup of a fruit or vegetable along with at least two other components for it to be a meal. Many of the foods in the cafeteria are more healthy – pizzas are made from whole-grain crusts, yogurt parfaits filled with fruit and granola, lower sodium foods, and a variety of fresh fruits and vegetables (as much as you want too)! Do NOT miss what’s cooking in your cafeteria!

Monday, August 12, 2019

Get Ready

Tuesday, August 13, 2019

For a Great School Year!

Wednesday, August 14, 2019

Breakfast
- Glazed Raised Donut
- Frozen Peach Cup
- 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
- Chicken & Cheese Taquitos
- A+ Hamburger Pizza
- Cheesy Dog on a Bun
- Sandwich of the Day: Turkey Deli
- Baked Curly Fries

Thursday, August 15, 2019

Breakfast
- Warm Pancakes with Maple Syrup
- Iced Strawberry Cup
- 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
- Spicy Chicken Patty on a Bun
- Smothered Burrito
- Cheese Breadsticks with Pasta Sauce
- Crispy Chicken Sandwich
- Sandwich of the Day: Country Boy
- Fresh Corn-on-the-Cob
- Fresh Watermelon

Friday, August 16, 2019

Breakfast
- Colby Cheese Omelet with a 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 Bear Graham

Lunch
- Country Beef Cutlet on a Bun
- Pepperoni Calzone with Pasta Sauce
- Hot N Spicy Chicken Tenders with Tea Roll
- Sandwich of the Day: Classic
- Baked Potato Smiles
- Steamed Carrots

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

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

Lunch Prices

<table>
<thead>
<tr>
<th>Meal</th>
<th>Full Paid</th>
<th>Reduced</th>
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<tbody>
<tr>
<td>Elem.</td>
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This information is available in alternate formats for the visually impaired. Please call 531-299-0830 for further information.

Our Nutrition 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.

Visit our website for nutrition information, free/mealized applications, and more about our program at http://district.ops.org. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-0835. 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.
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.

For some people, choosing which sports to pursue throughout high school is hard because they have never really played an organized sport before and aren’t sure what they’ll most enjoy. Others may not be the biggest fans of organized sports, but there are other fun and exciting options out there for you.

- Take a hike and bring your bike. This is a great way to learn about nature while still getting your heart rate up.
- Water is the perfect place to give yourself new challenges. Besides swimming, try canoeing, kayaking, fishing, rowing, etc.
- Find your inner self. Try yoga, Pilates, or Tai chi. These activities can improve flexibility, strength, balance, and stamina. They also may help reduce stress and anxiety.

Whether you choose one sport or three, make sure you give yourself a break from intense competition with some cross-training activities. No matter the dilemma, you have the power to make the decision that is best for you. Sports and activities are meant to be fun, so go out there and enjoy!

### Monday, August 19, 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 Bear Grams

**Lunch**
- Cheeseburger on a Bun
- Chicken Quesadilla with Steamed Brown Rice
- Mini Corn Dogs
- Hamburger on a Bun
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries

**Chef Salad:**
- Diced Egg
- Mozzarella, Lettuce & Spinach Mix, Breadstick, & Tea Roll

### Tuesday, August 20, 2019

**Breakfast**
- Scrambled Eggs with a Sausage Patty & a Warm Biscuit or Tortilla
- Frozen Peach Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grams

**Lunch**
- Chicken & Cheese Taquitos
- Pepperoni Pizzeria Style Pizza
- Fish Wedge Sandwich
- Cheese Pizzeria Style Pizza
- Sandwich of the Day: Turkey & American
- Sweet Potato Fries
- Green Beans

**Chef Salad:**
- Baja Chicken Salad: Grilled Chicken Strips, Black Bean & Corn Salsa, Lettuce & Spinach Mix, Tri-Colored Tortilla Chips, & Southwestern Ranch Dressing

### Wednesday, August 21, 2019

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

**Lunch**
- Macho Nachos
- Pepperoni Pocket
- Not-So-Macho Nachos
- Buffalo Chicken Sandwich
- Sandwich of the Day: Country Boy
- Refried Beans
- Golden Corn

**Chef Salad:**
- Turkey Dell, American, Lettuce & Spinach Mix, Breadstick, & Tea Roll

### Thursday, August 22, 2019

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

**Lunch**
- Breaded Chicken Nuggets with a Tea Roll
- Spanish Hamburger with a Tea Roll
- BBQ Rib Sandwich
- Sandwich of the Day: Classic
- Flaming Potatoes
- Western Fries

**Chef Salad:**
- Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, Breadstick, & Croutons

### Friday, August 23, 2019

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

**Lunch**
- General Tso Chicken with Steamed Brown Rice and a Tea Roll
- + Cheese Pizza
- + BBQ Pulled Pork Sandwich
- + Arugula Italian Sausage Pizza
- Sandwich of the Day: Hoagie
- Steamed Fresh Broccoli
- Steamed Carrots

**Chef Salad:**
- Chicken Caesar Salad: Grilled Chicken Strips, Caesar Dressing, Lettuce & Spinach Mix, Breadstick, Croutons, & Tea Roll

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**Our Mission Statement:**
To enhance the health and well-being of our Omaha students and staff of each building, by providing high-quality meals according to the Healthy, High-Quality, High-Value Standards.

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**Our Mission Statement:**
To support the health and well-being of our Omaha students and staff of each building, by providing high-quality meals according to the Healthy, High-Quality, High-Value Standards.

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**Optional Breakfast Menu Available for All Enrolled Students:**

- Oatmeal Chipper Breakfast Round
- Hot Apple Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grams

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