Middle School
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 teenagers whose bones are still developing. Fortified orange juice and soymilk, 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 Chippers, 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
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Graham

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

Tuesday, October 8, 2019

Breakfast
- Breakfast Potato Casserole & or Warm Biscuit
- Iced Apricot Cup
- Hot Peach Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Graham

Lunch
- Avocado Veggie Piza
- Buffalo Chicken Munchins with Tea Roll
- Ham Burger Pizza
- Soppy Joe Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Green Beans

Wednesday, October 9, 2019

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

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

Thursday, October 10, 2019

Breakfast
- Blueberry Muffin Square
- Hot Peach Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Graham

Lunch
- Beef & Bean Burrito w/ Cheese Sauce
- Pepperoni Pocket
- Fiesta Bean & Cheese Burrito w/ Cheese Sauce
- Tex Mex Mac N' Cheese with Breadstick
- Sandwich of the Day: Turkey & American
- Refried Beans
- Golden Corn

Friday, October 11, 2019

Breakfast
- Apple Breadstick
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Graham

Lunch
- Chicken Nuggets with Tea Roll
- Cheese Quesadilla
- BBQ Pulled Pork Sandwich
- Sandwich of the Day: Hoagie
- Baked School Fries
- Homemade Baked Beans

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

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

Prices:
- Full Paid
- Reduced

Element
- $1.45
- $0.40

Secondary
- $1.75
- $0.40

Adult
- $3.75

Milk
- $0.35

Our menu has been planned to meet federal regulations including but not limited to, egg group and pairing options. Over the course of the day, different menu items will be due to price and availability, and the vegetarian offerings consisting of dark green vegetables, legumes, beans, soy, nuts, and eggs. Our mission statement is to enhance the health and well-being of our customers, the students and staff of each building, by providing high-quality meals across our facilities. This is accomplished by using fresh ingredients from local suppliers and offering a variety of nutritious and tasty menu items. We offer a variety of healthy options, and students have the opportunity to make healthier choices at their discretion. This helps students make healthier food choices and leads to a lifetime of healthy eating habits.

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Visit our website for nutrition information, free/reduced applications, and more about our program at [Eatsite.com]. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-208-8808.

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Visit our website for nutrition information, free/reduced applications, and more about our program at [Eatsite.com]. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-208-8808. School lunch money may be transferred to the next school year, or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being accepted, a new online payment system is available. This system will allow you to pay for your child’s meals online, eliminating the need to bring money to school each day. Additional forms for the visually impaired. Please call 531-208-9859. School lunch money may be transferred to the next school year, or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being accepted, a new online payment system is available. This system will allow you to pay for your child’s meals online, eliminating the need to bring money to school each day. Additional forms for the visually impaired. Please call 531-208-9859. School lunch money may be transferred to the next school year, or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being accepted, a new online payment system is available. This system will allow you to pay for your child’s meals online, eliminating the need to bring money to school each day. Additional forms for the visually impaired. Please call 531-208-9859.
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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:

- 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.

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.

Monday, October 14, 2019

- Blueberry Muffin Top with Vanilla Bear Graham
- Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

Daily Lunch Options
- Chef Salad: Grilled Chicken, Chips, Cheddar, Lettuce & Spinach Mix, Breadstick, & Croutons
- Chef Salad: Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, & Breadstick

Tuesday, October 15, 2019

- Cinnamon Glazed French Toast or Hot Peach Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

Wednesday, October 16, 2019

- Glazed Cinnamon Roll or Iced Strawberry Milk
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

Thursday, October 17, 2019

No School

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

Lunch Prices

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<tr>
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<th>Full Paid</th>
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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.

Our Nutrition Services: To reduce 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/industrial applications, and more about our program at http://www.OmahaPS.org. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-0230.