Breakfast 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.

As a middle and high school student, you are in control over the decisions that influence your health and wellness. Recognizing the barriers that prevent you from making healthy choices is important so you can overcome them. Along with barriers, there are also motivators that influence you to make better decisions regarding your health and wellness. Studies show that teens commonly report the following motivators and barriers to healthy eating. What are yours?

<table>
<thead>
<tr>
<th>Motivators</th>
<th>Barriers</th>
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<tbody>
<tr>
<td>o Support from family</td>
<td>o Lack of time</td>
</tr>
<tr>
<td>o Wider availability of healthy</td>
<td>o Limited availability of healthy</td>
</tr>
<tr>
<td>foods</td>
<td>o Limited concern regarding healthy</td>
</tr>
<tr>
<td>foods</td>
<td>o eating</td>
</tr>
<tr>
<td>o Improving or maintaining</td>
<td>o Taste preferences</td>
</tr>
</tbody>
</table>

Monday, November 4, 2019

**Breakfast**
- Warm Pancakes with Maple Syrup Or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

**Lunch**
- Buffalo Chicken Patty on a Bun
- Pizzeria Style Cheese Pizza
- Italian Meatball Sub
- Pizzeria Style Pepperoni Pizza
- Sandwich of the Day: Parmasu & White American on a Bagel
- Golden Corn

Tuesday, November 5, 2019

**Breakfast**
- French Toast Bake Or
- Frozen Fruit Cup Or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

**Lunch**
- Macaroni & Cheese with Shrimp Poppers & Tea Roll
- Chicken Nuggets with Tea Roll
- Chicken Egg Roll and Steamed Brown Rice
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Green Beans
- Lunch Bunch Grapes

Wednesday, November 6, 2019

**Breakfast**
- A+ Biscuit Or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

**Lunch**
- Cheese Breadsticks with Pasta Sauce
- Crispy Chicken Patty on a Bun
- Smothered Burrito
- Spicy Chicken Patty on a Bun
- Sandwich of the Day: Turkey Deli
- Steamed Carrots
- Emoji Fried

Thursday, November 7, 2019

**Nebraska Thursday!**

**Breakfast**
- Glazed Raised Donut Or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

**Lunch**
- BBQ Chicken Thigh with a Breadstick
- Pork Tenderloin on a Bun
- Mini Corn Dogs
- Sandwich of the Day: Country Boy
- Western Beans
- Pepped-Up Potato
- Iced Blueberries

Friday, November 8, 2019

**Breakfast**
- Colby Cheese Omelet with a Warm Biscuit or Tortilla Or
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

**Lunch**
- Country Beef Cutlet with Tea Roll
- Homestyle Meatloaf with Tea Roll
- Hot N’ Spicy Chicken Tenders with Tea Roll
- Sandwich of the Day: Classic
- Whipped Potatoes with Beef Gravy

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

Complimentary Breakfast is Available for ALL Enrolled Students in All Schools!
Monday, November 11, 2019

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

Lunch
- Cheesburger on a Bun
- BBQ Pulled Pork Nachos
- Hamburger on a Bun
- Chicken Quesadilla
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries

Monday Lunch Options
- Yogurt Packet, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entree choices offered daily.
- Toasted Red Pepper Hummus and Zucchini Chips are vegetarian entree choices offered daily.
- All-you-can-eat fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.

Tuesday, November 12, 2019

Breakfast
- Scrambled Eggs & Sausage Patty with Warm Biscuit or Tortilla or
- Frozen Peach or Apple Pie or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grains

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

Tuesday Lunch Options
- Baja Chicken Salad: Black Bean Salsa, Lettuce & Spinach Mix, Croutons, & Breadstick
- Southwestern Ranch Dressing & Tri-Colored Tortilla Chips

Wednesday, November 13, 2019

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

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

Wednesday Lunch Options
- Chef Salad: Turkey Deli, White American, Lettuce & Spinach Mix, & Breadstick
- Homemix Salad, Lettuce & Spinach Mix, Croutons, & Breadstick

Thursday, November 14, 2019

Breakfast
- Oatmeal Chipper Breakfast Round
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grains

Lunch
- BBQ Beef Sandwich
- Chicken Nuggets with a Tea Roll
- Spanish Hamburger with Tea Roll
- Sandwich of the Day: Classic
- Homemade Baked Beans
- Steamed Carrots

Thursday Lunch Options
- Chef Salad: Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, & Breadstick
- Chicken Caesar Salad: Grilled Chicken Strips, Lettuce & Spinach Mix, Croutons, & Breadstick

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

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

Lunch Prices

<table>
<thead>
<tr>
<th></th>
<th>Full</th>
<th>Reduced</th>
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<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
<td>$0.40</td>
</tr>
<tr>
<td>Sec.</td>
<td>$1.75</td>
<td>$0.40</td>
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<tr>
<td>Adult</td>
<td>$3.75</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>$0.35</td>
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Our menus have been planned to meet federal regulations including but not limited to the 1/2 cup serving of fruit or vegetable, the amount of sugar, fat, sodium, calories and the acceptable range of сalories from fat per entrée. For students with diabetes, the menu includes information on the number of carbohydrates, grams, and the vegetable side dish consisting of dark green, leafy or orange vegetables, unless otherwise noted.

Visit our website for nutrition information, free/reduced applications, and more about our program at www.schoolcafes.com. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-9858.

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 highest standards.