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.

Caffeine increases mental alertness, but in higher doses can cause anxiety, dizziness, headaches, and the jitters. It can also interfere with normal sleep and is a diuretic, which causes a person to urinate more, potentially causing dehydration. Try to limit caffeine consumption to no more than 100 mg of caffeine daily. If you are consuming too much caffeine, you may want to cut back slowly, otherwise, you may get headaches, feel tired, or be irritable. If you feel tired, take a nap or go to bed early. It is likely your body is trying to tell you it needs more rest. Below is the caffeine content on some of the most popular caffeinated items:

- 1 can or 16 ounces of Monster Energy Drink – 160 mg
- 1 can or 16 ounces of Rockstar Energy Drink – 160 mg
- 1 cup of coffee – 95 mg
- 1 can or 8.4 ounces of Red Bull Energy Drink – 80 mg
- 1 can or 12 ounces of Mountain Dew – 55 mg
- 1 can or 12 ounces of Diet Coke – 46 mg
- 1 cup of Tea – 48 mg
- 1 ounce Dark Chocolate – 25 mg

### Monday, December 2, 2019

#### Breakfast
- Breakfast Sausage Wrap <span>with</span> Maple Syrup Or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- Personal Pan Pepperoni Pizza
- Buffalo Style Chicken Munchkins <span>with</span> a Tea Roll
- Personal Pan Cheese Pizza
- Sloppy Joe Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Golden Corn

### Tuesday, December 3, 2019

#### Breakfast
- Glazed Raised Donut
- Frozen Peach Cup or
- Hot Peach Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- Popcorn Chicken Bowl with a Tea Roll
- Country Beef Cutoff on a Bun
- Chicken and Cheese Taquitos
- Sandwich of the Day: Turkey & American
- Whipped Potatoes and Gravy
- Green Beans

### Wednesday, December 4, 2019

#### Breakfast
- Cinnamon Muffin Square
- Iced Strawberry Cup Or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- Hamburger on a Bun
- Tangerine Chicken with Steamed Brown Rice
- Chicken Alfredo with Penne Pasta and a Tea Roll
- Cheesburger on a Bun
- Sandwich of the Day: Country Boy
- Baked School Fries

### Thursday, December 5, 2019

#### Breakfast
- Biscuit Or
- Hot Peach Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- BBQ Chicken Thigh <span>with</span> Jalapeño Cornbread
- Cheesy Calzone with Pasta Sauce
- Italian Meatball Sub
- Sandwich of the Day: Italian Deli Wrap
- Pepped-Up Potatoe
- Black Eyed-Pea

### Friday, December 6, 2019

#### Breakfast
- Warm Pancakes with Maple Syrup Or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- Mini Corn Dogs
- Spicy Chicken Patty on a Bun
- Beef Lasagna with a Tea Roll
- Crispy Chicken Patty on a Bun
- Sandwich of the Day: Turkey Deli
- Baked School Fries
- Golden Corn

### Nebraska Thursday!

#### Breakfast
- Warm Pancakes with Maple Syrup Or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

#### Lunch
- Mini Corn Dogs
- Spicy Chicken Patty on a Bun
- Beef Lasagna with a Tea Roll
- Crispy Chicken Patty on a Bun
- Sandwich of the Day: Turkey Deli
- Baked School Fries
- Golden Corn

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

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

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### Lunch Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Paid</th>
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<tr>
<td>Elem.</td>
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<tr>
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**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 across all three of our cafeterias, regardless of their location or quality of meals.
### Monday, December 9, 2019

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

**Lunch**
- Beef Ranchero Pizza
- Cheese Breadsticks with Pasta Sauce
- Spicy Black Bean Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries

**Dinner Prices**
- Full Paid: $0.35
- Reduced: $0.30

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### Tuesday, December 10, 2019

**Breakfast**
- Glazed Cinnamon Roll
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

**Lunch**
- Lemongrass Chicken with Steamed Brown Rice
- BBQ Rib on a Bun
- Hamburger Quesadilla
- Sandwich of the Day: Turkey Deli
- Steamed Fresh Broccoli
- Golden Corn

**Dinner Prices**
- Full Paid: $0.40
- Reduced: $0.40

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### Wednesday, December 11, 2019

**Breakfast**
- Orange Crumb Muffin Top w/ Vanilla Bean Grains
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

**Lunch**
- Pork Tenderloin on a Bun
- Pizzeria Style Cheese Pizza
- Chicken Egg Roll with Steamed Brown Rice
- Pizzeria Style Pepperoni Pizza
- Sandwich of the Day: Turkey, & American
- Steamed Green Beans
- Baked School Fries

**Dinner Prices**
- Full Paid: $1.45
- Reduced: $0.40

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### Thursday, December 12, 2019

**Breakfast**
- Chicken and Waffle Sandwich
- Iced Mixed Fruit Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

**Lunch**
- Creamed Turkey with a Breadstick
- Hamburger on a Bun
- Pepperoni Pocket
- Cheeseburger on a Bun
- Sandwich of the Day: Classic
- Whipped Potatoes with Gravy
- Sample: Fresh Cranberries

**Dinner Prices**
- Full Paid: $1.45
- Reduced: $0.40

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### Friday, December 13, 2019

**Breakfast**
- Colby Cheese Omelet w/ Warm Biscuit or Tortilla
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

**Lunch**
- Chili Cheese Dog on a Bun
- BBQ Pulled Pork Nachos
- Hot Dog on a Bun
- Hamburger Pizza
- Sandwich of the Day: Turkey, & American
- Homemade Baked Beans

**Dinner Prices**
- Full Paid: $0.35

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### Complimentary Breakfast
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.

- **Calcium:** to build strong bones and teeth. Good sources of calcium include fat-free or low-fat milk, yogurt, and cheese.
- **Vitamin D:** to keep bones healthy. Good sources of vitamin D include orange juice, whole oranges, tuna, and fat-free or low-fat milk.
- **Potassium:** to help lower blood pressure. Try a banana or baked potato with the skin, for a potassium boost.
- **Fiber:** to help you stay regular and feel full. Good sources of fiber include beans, celery, and whole grains.
- **Protein:** to power you up and help you grow strong. Peanut butter, eggs, tofu, legumes, chicken, fish, and low-fat meats are all great sources of protein.
- **Iron:** to help your body transfer oxygen to cells. Red meat contains a form of iron that your body absorbs best. Spinach, beans, peas, and iron-fortified cereals are also sources of iron. You can help your body absorb the iron from these foods better when you also eat foods with vitamin C, such as an orange.

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**Every Day**
- Most grains 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.
- For cold & 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.

**Daily Lunch Options**
- Yogurt Parfait, Cheese Sandwich, Sunburst & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entire choices offered daily.
- Roasted Red Pepper Hummus and Brown Rice are vegetarian entire choices offered daily.
- All beverage cans and glass bottles are located on our Veggie Bar. They are offered with our homemade low-fat, low sugar ross dressing.

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

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