Flavored milk not only tastes great, but it also adds a nutritional boost to your diet. Teens who drank flavored milk consumed more nutrients, without consuming greater amounts of added sugar and had lower BMI’s compared to teens that didn’t drink milk.

- Milk contains many nutrients that are important for growing teenagers. Milk contains calcium which helps build and maintain strong bones, protein which is vital to brain development and the growth of body tissues, and Vitamin A, which helps maintain normal vision and skin. Milk also contains Vitamins B12 and D, potassium, phosphorous, niacin and riboflavin.
- Teenagers should be drinking at least four 8-ounce glasses of milk a day. Experts recommend at least three servings of low-fat or fat-free milk or milk products for teenagers.
- To increase your dairy intake, try drinking a glass of milk for breakfast or take a yogurt on the go. If you need something quick to snack on, try string cheese or even pudding. When you drink milk, you are increasing your calcium intake, without increasing your total added sugar or fat intake.

**Monday, February 3, 2020**

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

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

**Tuesday, February 4, 2020**

**Breakfast**
- French Toast Bake
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
- Macaroni & Cheese with Shrimp Poppers & a Tea Roll
- Chicken Nuggets with a Tea Roll
- Steamed Carrots
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Green Beans

**Wednesday, February 5, 2020**

**Breakfast**
- Biscuit
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked 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
- Baked School Fries
- Sample: Fresh Grapefruit

**Thursday, February 6, 2020**

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

**Lunch**
- BBQ Chicken Thigh with a Tea Roll
- Pork Tenderloin on a Bun
- Mini Corn Dogs
- Sandwich of the Day: Country Boy
- Western Beans
- Pepped-Up Potatoe

**Friday, February 7, 2020**

**Breakfast**
- Colby Cheese Omelet with a Warm Biscuit or Tostito
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

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

**Monday, February 3, 2020**

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

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

**Tuesday, February 4, 2020**

**Breakfast**
- French Toast Bake
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
- Macaroni & Cheese with Shrimp Poppers & a Tea Roll
- Chicken Nuggets with a Tea Roll
- Steamed Carrots
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Green Beans

**Wednesday, February 5, 2020**

**Breakfast**
- Biscuit
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked 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
- Baked School Fries
- Sample: Fresh Grapefruit

**Thursday, February 6, 2020**

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

**Lunch**
- BBQ Chicken Thigh with a Tea Roll
- Pork Tenderloin on a Bun
- Mini Corn Dogs
- Sandwich of the Day: Country Boy
- Western Beans
- Pepped-Up Potatoe

**Friday, February 7, 2020**

**Breakfast**
- Colby Cheese Omelet with a Warm Biscuit or Tostito
- Hot Oatmeal or Assorted Cold Cereal
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- Homestyle Meatloaf with a Tea Roll
- Hot N’ Spicy Chicken Tenders with a Tea Roll
- Sandwich of the Day: Classic
- Whipped Potatoes with Beef Gravy

**Monday, February 3, 2020**

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

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

**Tuesday, February 4, 2020**

**Breakfast**
- French Toast Bake
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
- Macaroni & Cheese with Shrimp Poppers & a Tea Roll
- Chicken Nuggets with a Tea Roll
- Steamed Carrots
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Green Beans

**Wednesday, February 5, 2020**

**Breakfast**
- Biscuit
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
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- Spicy Chicken Patty on a Bun
- Sandwich of the Day: Turkey Deli
- Steamed Carrots
- Baked School Fries
- Sample: Fresh Grapefruit

**Thursday, February 6, 2020**

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

**Lunch**
- BBQ Chicken Thigh with a Tea Roll
- Pork Tenderloin on a Bun
- Mini Corn Dogs
- Sandwich of the Day: Country Boy
- Western Beans
- Pepped-Up Potatoe

**Friday, February 7, 2020**

**Breakfast**
- Colby Cheese Omelet with a Warm Biscuit or Tostito
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

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

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

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

<table>
<thead>
<tr>
<th>Lunch Prices</th>
<th>Full Paid</th>
<th>Reduced</th>
</tr>
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<tr>
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*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 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.

Sometimes it’s hard to get enough sleep, especially if you have a job, help take care of younger brothers or sisters, or are busy with other activities after school. Like healthy eating and getting enough physical activity, getting enough sleep is important to stay healthy.

Sleep is important to do well in school, at work, drive safely, and fight off infection. Not getting enough sleep may make you moody and irritable. While more research is needed, some studies have shown that not getting enough sleep may also contribute to weight gain.

If you’re between 13 and 18 years old, you should get 8 to 10 hours of sleep each night. Find out what you can do to make sure you get enough sleep.

**Monday, February 10, 2020**

**Breakfast**
- Cinnamon Glazed French Toast
- BBQ Pulled Pork Nachos
- Hamburger on a Bun
- Spicy Black Bean Sandwich
- Chicken Quesadilla
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries

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

**Tuesday, February 11, 2020**

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

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

**Wednesday, February 12, 2020**

**Breakfast**
- Breakfast Sausage Wrap with Maple Syrup
- Iced Strawberry CUP
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

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

**Thursday, February 13, 2020**

**Breakfast**
- Oatmeal Chipper Breakfast Round
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

**Lunch**
- Italian Falafel Sub on a Bun
- Chicken Nuggets with a Tea Roll
- Spanish Hamburger with a Tea Roll
- Sandwich of the Day: Classic
- Curly Fries

**Friday, February 14, 2020**

**Breakfast**
- Glazed Cinnamon Roll
- Iced Mixed Fruit Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

**Lunch**
- General Tso Chicken with Steamed Brown Rice
- Ar* Italian Sausage Pizza
- BBQ Pulled Pork Sandwich
- Ar* Cheese Pizza
- Sandwich of the Day: Hotgie
- Fresh Broccoli
- Steamed Carrots

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

**Lunch Prices**

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**Our Mission Statement:** To enhance the health and well-being of our students, the students and staff of each building, by providing healthy meals acceptable to our customers, maintaining an atmosphere that promotes social growth, and offering our community a setting that is conducive to learning.

**Our Website:** http://district.ops.org

**Breakfast & Lunch**
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- Ice cold 1% 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 items offered daily.
- Roasted Red Pepper Hummus and Spicy Fries are vegetarian entire items offered daily.
- All high-juice fresh veggies are located on our Veggie Bar. They are offered with our Homemade low-fat, low-sodium ranch dressing.

**HAPPY VALENTINE’S DAY**

**Every Day**
- Most grain items are grain-rich.

**Breakfast & Lunch**
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- Ice cold 1% 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.

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- Roasted Red Pepper Hummus and Spicy Fries are vegetarian entire items offered daily.
- All high-juice fresh veggies are located on our Veggie Bar. They are offered with our Homemade low-fat, low-sodium ranch dressing.

**Lunch Options:**
- Vegetarian items are available daily, and are clearly marked on the menu. To request a vegetarian lunch, please select a non-vegetarian item, and mark the vegetarian option on the lunch slip.
- All items are self-service, and may be selected in any combination.
- Vegetarian items are offered daily, and are clearly marked on the menu.

**Nutritional Information**
- All entrees offered must include a minimum of one fruit or vegetable. Each lunch must include a minimum of one of the following: high-quality meat, fish, poultry, legumes, eggs, cheese, or milk products. The nutritional information is based on the menu items offered and the quantities served. This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.

**Complimentary Breakfast**
- All students are eligible for a free breakfast.
- The following students are eligible for a free breakfast: Head Start students, kindergarten students, and first through fourth graders from families who meet the Free/Reduced meal eligibility criteria.

**Free/Reduced**
- A total of 30% of students in Omah Public Schools are eligible for free or reduced-price meals. Free and reduced-price meals are available to all students who meet the eligibility guidelines set by the federal government.

**Special Dietary Needs**
- Omah Public Schools is committed to serving all students, regardless of their dietary needs. Students with special dietary needs are encouraged to contact their school’s food service manager to discuss their needs.

**School Meals:**
- All meals served in Omah Public Schools are prepared and served in accordance with the federal government’s Dietary Guidelines for Americans. The meals served in Omah Public Schools meet the requirements established by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. The meals served in Omah Public Schools are prepared and served in accordance with the federal government’s Dietary Guidelines for Americans. The meals served in Omah Public Schools meet the requirements established by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.