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.

Skipping meals might seem like an easy way to lose weight, but it actually may lead to weight gain if you eat more later to make up for it. Even if you’re really busy with school and activities, it’s important to try not to skip meals. Follow these tips to keep your body charged up all day and to stay healthy:

Eat school breakfast. Breakfast helps your body get going. If you’re short on time in the morning, school breakfast is the easy solution.

Eat school lunch. School lunch helps you control your food and beverage portions and increases the chances that you will eat fruits and vegetables.

Eat dinner with your family. When you eat home-cooked meals with your family, you are more likely to consume healthy foods.

Having meals together also gives you a chance to reconnect with each other and share news about your day.

Get involved in grocery shopping and meal planning at home. Going food shopping and planning and preparing meals with family members or friends can be fun. Not only can you choose a favorite grocery store, and healthy foods and recipes, you also have a chance to help others in your family eat healthy too.

Monday, September 9, 2019

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

Lunch
- Hamburger Pizza
- Buffalo Style Chicken Munchins with Tea Roll
- Cheese Pizza
- Slippy Joe Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Golden Corn

- Chef Salad: Diced Egg, American, Lunch Mix, & Spinach Mix, Croutons, & Breadcrumb

Tuesday, September 10, 2019

Breakfast
- Glazed Raised Donut
- Iced Strawberry Cup
- Hot Peach Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Glasses

Lunch
- Macho Nachos
- Chicken and Cheese Tacos
- Not So Macho Nachos
- Country Beef Cutlet on a Bun
- Sandwich of the Day: Turkey & American
- Refried Beans
- Green Beans

- Chef Salad: Grilled Chicken Stips, American, Lettuce & Spinach Mix, & Breadcrumbs

Wednesday, September 11, 2019

Breakfast
- Cinnamon Muffin Square
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Glasses

Lunch
- Hamburger on a Bun
- Cheesy Dog on a Bun
- Chicken Alfredo with Penne Pasta & Tea Roll
- Cheeseburger on a Bun
- Hot Dog on a Bun
- Sandwich of the Day: Country Boy
- Baked Emoji Fries
- Lunch Bunch Grapes

- Chef Salad: Turkey Deli, Cheddar, Lettuce & Spinach Mix, & Tea Roll

Thursday, September 12, 2019

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

Lunch
- Biscuit & Sausage Chicken Bowl with Tea Roll
- Smoked Turkey and Cheese Melt
- Pepperoni Calzone with Pasta Sauce
- Sandwich of the Day: Italian Deli Wrap
- Whipped Potatoes with Gravy
- Fresh Cantaloupe
- National Fortune Cookie Day!

- Chef Salad: Beef Taco Salad: Taco Meat, Black Bean Salad, Cheddar, Lettuce & Spinach Mix, & Tortilla Chips

Friday, September 13, 2019

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

Lunch
- General Tso Chicken with Steamed Brown Rice
- Breaded Spicy Chicken on a Bun
- Beef Lasagna with Tea Roll
- Crispy Chicken Patty on a Bun
- Sandwich of the Day: Turkey Deli
- Baked School Fries
- Golden Corn
- Fortune Cookie

- Chef Salad: Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, & Tea Rolls

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

Lunch Prices

<table>
<thead>
<tr>
<th>Full Paid</th>
<th>Reduced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem. $1.45</td>
<td>$0.40</td>
</tr>
<tr>
<td>Sec. $1.75</td>
<td>$0.40</td>
</tr>
<tr>
<td>Adult $3.75</td>
<td>$0.35</td>
</tr>
</tbody>
</table>

Our menus have been planned to meet federal regulations including and will not exceed the number and portion sizes. Over the course of a week, we provide a variety of fruits and vegetables, milk, bread, meats, and entrees. The vegetable subgroup consisting of dark green, orange, legumes, starchy, and other. Over the course of a month, our menus meet requirements for calorie, meat/meat alternate, grain, and the vegetable subgroup consisting of dark green, orange, legumes, starchy, and other. Over the course of a year, our menus meet requirements for calorie, meat/meat alternate, grain, and the vegetable subgroup consisting of dark green, orange, legumes, starchy, and other.

The Hamburger of the Day is offered with lettuce and tomato!
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.

- Atkins? Vegan? South Beach? Keto? Paleo? With a world focused on dieting, how do you determine what is healthy? You can spoon out something that sounds too good to be true. Dramatic statements that go against a reputable scientific organization. Lists ‘good’ and ‘bad’ foods. Elimination of one or more of the five food groups (fruits, vegetables, grain, protein, or dairy). Recommendations made to help sell a product. 

The best way to lose weight is by exercising 30 minutes a day, eating at least 5 servings of fruits and vegetables each day, consuming low-fat and fat-free dairy, eating whole grains, and drinking plenty of water. Losing weight takes time, so be patient!

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

- Locally Grown
- Meatless Item
- Spicy
- New Item

Menu Key: -Contains Pork

Monday, September 16, 2019

Breakfast
- Sausage Breakfast Pizzazz Pizza
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hot Boiled Egg and Vanilla Bear Grains

Lunch
- Beef Ranchero Pizza
- Cheese Breadsticks with Pasta Sauce
- Oven Baked Fiery Chicken w/ Mini Cornbread Muffin
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Greens Beans
- Baked Fries

Chef Salad: Diced Egg, American, Lettuce & Spinach Mix, & Tea Rolls

Tuesday, September 17, 2019

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

Lunch
- Mini Corn Dogs
- BBQ Rib on a Bun
- Chicken Egg Roll w/ Mini Cornbread Muffin
- Sandwich of the Day: Turkey Deli
- Steamed Fresh Broccoli
- Baked Potato Smiles

Chef Salad: Grilled Chicken Strips, Cheddar, Lettuce & Spinach Mix, & Breadstick

Wednesday, September 18, 2019

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

Lunch
- Pork Tenderloin on a Bun
- Pizzeria Style Cheese Pizza
- Beef Quesadilla
- Pizzeria Style Pepperoni Pizza
- Sandwich of the Day: Turkey and American
- Steamed Green Beans

Chef Salad: Smoked Turkey, American, Lettuce & Spinach Mix, Breadstick, & Tea Roll

Thursday, September 19, 2019

Breakfast
- Baked Apple Breadstick
- Iced Strawberry Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hot Boiled Eggs and Vanilla Bear Grains

Lunch
- Sandwiched Turkey with Breadstick
- Hamburger on a Bun
- Pepperoni Pocket
- Cheeseburger on a Bun
- Sandwich of the Day: Classic
- Whipped Potatoes with Gravy

Chef Salad: Turkey Deli, Mozzarella, Lettuce & Spinach Mix, & Breadstick

Friday, September 20, 2019

No School

Curriculum Day

Menu Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Paid</th>
<th>Reduced</th>
</tr>
</thead>
<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>
</tr>
<tr>
<td>Adult</td>
<td>$3.75</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>$0.35</td>
<td></td>
</tr>
</tbody>
</table>

Our menus have been planned to meet federal regulations including but not limited to: age group and lunch size. Please check our website: opus.unl.edu for updated nutrition information. We offer free & reduced meals by income. This information is available in alternate formats for the visually impaired. Please call 531-299-8858 for further information. This institution is an equal opportunity provider. 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 nutritional guidelines established by the USD 510: Omaha Public Schools. This information was last updated on 02/27/2020.