



Junior Eagle Journal

Your Source for News from O'Neill Elementary School
February 2022



Lesson from My Baseball Coach

When I was in high school my baseball coach was also my high school principal. He is a great guy and taught me a lot of lessons. One of the lessons I learned from him was the importance of promptness.

“If you’re early, you’re on time. If you’re on time, you’re late. If you’re late, you’re already behind everyone else.” We heard that every practice...EVERY. SINGLE. PRACTICE. But, it stuck with me. This quote is true to all aspects of life. It’s certainly true for school. More than half our students start their day with math or reading. When a student is late, he/she misses important information not only for that day, but that will be built upon in upcoming lessons.

So, when a student is “just a few minutes late,” he/she is effecting much more than the few minutes he/she is late. If a student is late 10 times in a year and is 5 minutes late every time, he/she will miss 50 minutes of instructional time. This is the equivalent of almost one math period or over HALF of a reading block.

Now, will there be times that everyone runs late every now and again? Yes, you bet! But, please remember that school is like a job and it’s important to be on time and ready to learn.

I also know that every day almost 400 students are here and on time and it is greatly appreciated. Thank you to all of our parents and families. Your support does not go unnoticed. Have a great day and know my door is always open!

Thank you,

Mr. Jim York

Principal, O'Neill Elementary School

A Few Announcements...



- We are in the middle of winter and, boy, has it been cold! That said, we have had many students show up to school without the proper winter coats or gloves. We have some extra hats, coats, and gloves. However, if your student does have a winter coat, please make sure he/she wears them to school.
- 3rd-6th grade begins testing on February 1st. Classroom teachers will communicate home with information on what days students will be testing. Here are some things you can do to prep your student(s) for testing:
 - Make sure he/she gets a good night of rest
 - Make sure he/she has a healthy breakfast the morning of testing
 - Make sure he/she does not have any appointments the day of the testing

Eagle Way Minute



The Eagle Way isn't just an expectation at home. It's also an expectation throughout life, including on social media & the Internet. That said, here are some tips for doing things the Eagle Way during meal time.

- Be Safe-Watch out for sharp knives, glass, or hot dishes/stove.
- Be Respectful-During meal time discussion, listen to others while they speak.
- Be Responsible-Help to clear the table.

Upcoming Dates

February 7th---2:30 Dismissal for Staff PD

February 14th---2:30 Dismissal for Staff PD

February 16th---NO PRESCHOOL

February 17th---NO School Due to Parent-Teacher Conferences

February 17th---Parent-Teacher Conferences 10:00-4:00

February 18th---NO SCHOOL for Winter Break

February 21st---Preschool Registration @ Central Office

February 21st---2:30 Dismissal for Staff PD

February 22nd---Kindergarten Registration @ Central Office

February 28th---2:30 Dismissal for Staff PD



February 2022

O'Neill Elementary, Grades PK-6
2021-2022 Breakfast, Grades K-6

	01	02	03	04
	Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast Fruit 100% Fruit Juice Mixed Fruit Cocktail Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Strawberry Stuffed French Toast * Cereal Choices with Toast Fruit 100% Fruit Juice Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Sausage Breakfast Pizza * Cereal Choices with Toast Fruit 100% Fruit Juice Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast Fruit 100% Fruit Juice Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
	07	08	09	10
Entree * Chocolate Iced Long John * Cereal Choices with Toast Fruit 100% Fruit Juice Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Fresh Baked Egg & Cheese Biscuit Sandwich * Cereal Choices with Toast Fruit 100% Fruit Juice Applesauce Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Pancake and Sausage Links * Cereal Choices with Toast Fruit 100% Fruit Juice Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Ultimate Chocolate Chip Breakfast Round * Cereal Choices with Toast Fruit 100% Fruit Juice Sliced Pears Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast Fruit 100% Fruit Juice Fresh Orange Slices Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
	14	15	16	17
Entree * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast Fruit 100% Fruit Juice Pineapple Tidbits Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Waffles with Syrup * Cereal Choices with Toast Fruit 100% Fruit Juice Applesauce Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Entree * Glazed Donut * Cereal Choices with Toast Fruit 100% Fruit Juice Sliced Peaches Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	Misc. No School	Misc. No School
	18			18

21	<p>Entree</p> <ul style="list-style-type: none"> * Pancake Sausage Stick * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice Sliced Peaches <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
22	<p>Entree</p> <ul style="list-style-type: none"> * Iced Long John * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice Mixed Fruit Cocktail <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
23	<p>Entree</p> <ul style="list-style-type: none"> * Home-style Stuffed Potato Breakfast Burrito * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice Fresh Orange Slices <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
24	<p>Entree</p> <ul style="list-style-type: none"> * French Toast Sticks with Syrup Dipping Sauce * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice Applesauce <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
25	<p>Entree</p> <ul style="list-style-type: none"> * Fresh Baked Cinnamon Roll * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice Pineapple Tidbits <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk

28	<p>Entree</p> <ul style="list-style-type: none"> * Waffles with Syrup * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <p>Applesauce</p> <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
-----------	---

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
- fax: (202) 690-7442; or
- email: program.intake@usda.gov.

This institution is an equal opportunity provider.

February 2022

O'Neill Elementary, Grades PK-6
2021-2022 Lunch, Grades K-5

01

Entree

- * Fresh Baked Combo Sub
 - * Home-style Chicken & Noodles w/ Dinner Roll
 - * Country Fried Steak with Dinner Roll
- Vegetables**
- Mashed Potatoes with Country Gravy

Fruit

- Fruit and Veggie Bar

Milk

- 1% Unflavored Milk
- Chocolate Skim Milk
- Strawberry Skim Milk

02

Entree

- * Fresh Baked Ham & Cheese Sub
 - * Home-style Spaghetti
 - * Crispy Chicken Sandwich
- Vegetables**
- Golden Corn

Fruit

- Fruit and Veggie Bar

Milk

- 1% Unflavored Milk
- Chocolate Skim Milk
- Strawberry Skim Milk

03

Entree

- * Caramel Apple Yogurt Parfait with Graham Crackers
 - * Cheesy Ham Baked Potato with Dinner Roll
 - * Cheese Pizza
 - * Pepperoni Pizza
- Vegetables**
- Steamed Broccoli Forests

Fruit

- Fruit and Veggie Bar

Milk

- 1% Unflavored Milk
- Chocolate Skim Milk
- Strawberry Skim Milk

07

Entree

- * Crispy Chicken Salad with Roasted Flatbread
 - * French Toast Sticks with Eggs
 - * BBQ Pulled Pork Sandwich
- Vegetables**
- Hash Brown Triangle

Fruit

- Fruit and Veggie Bar

Milk

- 1% Unflavored Milk
- Chocolate Skim Milk
- Strawberry Skim Milk

08

Entree

- * Fresh Baked Turkey & Cheese Sub
 - * Traditional Beefy Lasagna with Breadstick
 - * Mini Corn Dogs
- Vegetables**
- Green Beans

Fruit

- Fruit and Veggie Bar

Milk

- 1% Unflavored Milk
- Chocolate Skim Milk
- Strawberry Skim Milk

09

Entree

- * Fresh Baked Ham & Cheese Sub
 - * Italian Dunkers with Marinara Dipping Sauce
 - * Breaded Steak Fries with Dinner Roll
- Vegetables**
- BBQ Baked Beans

Fruit

- Fruit and Veggie Bar

Milk

- 1% Unflavored Milk
- Chocolate Skim Milk
- Strawberry Skim Milk

10

Entree

- * Vanilla-Berry Yogurt Parfait with Goldfish Grahams
 - * Home-style Scalloped Potatoes & Ham with Dinner Roll
 - * Cheese Pizza
 - * Pepperoni Pizza
- Vegetables**
- Peas

Fruit

- Fruit and Veggie Bar

Milk

- 1% Unflavored Milk
- Chocolate Skim Milk
- Strawberry Skim Milk

11

14

Entree
 * Chef Salad with Roasted Flatbread
 * Pizza Pasta Bake
 * Popcorn Chicken Bites

Vegetables
 Steamed Carrots

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

15

Entree
 * Fresh Baked Turkey & Cheese Sub
 * Chicken Fajita
 * Oven-Roasted Hot Dog

Vegetables
 Refried Beans

Fruit
 Fruit and Veggie Bar

Desserts
 Double Chocolate Banana Bars

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

16

Entree
 * Chicken Caesar Salad with Roasted Flatbread
 * Creamy Macaroni & Cheese with Dinner Roll
 * Baked Breaded Fish Sandwich

Vegetables
 Lemon Herbed Broccoli and Cauliflower

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

17

Misc.
 No School

18

Entree
 * Taco Salad with Tortilla Chips
 * Chili Cheese Fritos
 * Crispy Chicken Sandwich

Vegetables
 Golden Corn

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

19

Entree
 * Fresh Baked Turkey & Cheese Sub
 * Hot Pepperoni Sub
 * Test Your Senses- Donut Cheeseburger

Vegetables
 Crinkle Cut Fries

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

20

Entree
 * Southwest Salad with Tortilla Chips
 * Chicken Ranch Pasta with Dinner Roll
 * Corn Dog

Vegetables
 Peas

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

21

Entree
 * Fresh Baked Ham & Cheese Sub
 * Home-style Tater Holdish with Dinner Roll
 * Chicken Nuggets

Vegetables
 Baked Beans

Fruit
 Fruit and Veggie Bar

Desserts
 Rice Crispy Treat

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

22

Entree
 * Strawberry Banana Yogurt Parfait with Graham Crackers
 * Cuban Hot Dog
 * Cheese Pizza
 * Pepperoni Pizza

Vegetables
 Mixed Vegetables

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

23

Entree
 * Chef Salad with Roasted Flatbread
 * Original Beef Goulash
 * Pancakes & Sausage

Vegetables
 Golden Corn

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

24

Entree
 * Chicken Caesar Salad with Roasted Flatbread
 * Creamy Macaroni & Cheese with Dinner Roll
 * Baked Breaded Fish Sandwich

Vegetables
 Lemon Herbed Broccoli and Cauliflower

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

25

Misc.
 No School

26

Entree
 * Taco Salad with Tortilla Chips
 * Chili Cheese Fritos
 * Crispy Chicken Sandwich

Vegetables
 Golden Corn

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

27

Entree
 * Fresh Baked Turkey & Cheese Sub
 * Hot Pepperoni Sub
 * Test Your Senses- Donut Cheeseburger

Vegetables
 Crinkle Cut Fries

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

28

Entree
 * Southwest Salad with Tortilla Chips
 * Chicken Ranch Pasta with Dinner Roll
 * Corn Dog

Vegetables
 Peas

Fruit
 Fruit and Veggie Bar

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk

29

Entree
 * Fresh Baked Ham & Cheese Sub
 * Home-style Tater Holdish with Dinner Roll
 * Chicken Nuggets

Vegetables
 Baked Beans

Fruit
 Fruit and Veggie Bar

Desserts
 Rice Crispy Treat

Milk
 1% Unflavored Milk
 Chocolate Skim Milk
 Strawberry Skim Milk