



Junior Eagle Journal

Your Source for News from O'Neill Elementary School
February 2023



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.
- Arrival time is very important. Please remember that the doors open at 7:40 and the tardy bell rings at 8:00. Schedules hit the ground running, so if a student is even a few minutes late, he/she misses valuable information and learning time. Please do your best to get your child to school on time.

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 1st---Holt County Spelling Bee at West Holt @ 1:00 pm

February 6th---Heart Heroes Kickoff

February 9th---Spirit Day: Luau Theme

February 13th---Junior Eagle Boosters @ 5:00 pm

February 17th---NO SCHOOL

February 20th---NO School Due to Parent-Teacher Conferences

February 20th---Parent-Teacher Conferences 10:00-4:00

February 21st---Kindergarten Registration @ Central Office

February 22nd---Preschool Registration @ Central Office



February 2023

O'Neill Elementary, Grades PK-6
2022-2023 Breakfast, Grades K-6

		<p>Entree * Strawberry Stuffed French Toast * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Fresh Orange Slices</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>01</p> <p>Entree * Sausage Breakfast Pizza * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Sliced Peaches</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>02</p> <p>Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Pineapple Tidbits</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>06</p> <p>Entree * Chocolate Iced Long John * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Sliced Peaches</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>07</p> <p>Entree * Fresh Baked Egg & Cheese Biscuit Sandwich * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Applesauce</p> <p>Milk Strawberry Skim Milk 1% Unflavored Milk Chocolate Skim Milk</p>	<p>08</p> <p>Entree * Pancake and Sausage Links * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Pineapple Tidbits</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>09</p> <p>Entree * Ultimate Chocolate Chip Breakfast Round * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Sliced Pears</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>10</p> <p>Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Fresh Orange Slices</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>13</p> <p>Entree * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Pineapple Tidbits</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>14</p> <p>Entree * Waffles with Syrup * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Applesauce</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>15</p> <p>Entree * Glazed Donut * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Sliced Peaches</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>16</p> <p>Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast</p> <p>Fruit 100% Fruit Juice Fresh Orange Slices</p> <p>Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk</p>	<p>17</p> <p>Misc. No School</p>
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Misc. No School	20 Entree * Iced Long John * Cereal Choices with Toast Fruit 100% Fruit Juice Mixed Fruit Cocktail Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	21 Entree * Fresh Baked Egg & Cheese Biscuit Sandwich * Cereal Choices with Toast Fruit 100% Fruit Juice Fresh Orange Slices Milk Strawberry Skim Milk 1% Unflavored Milk Chocolate Skim Milk	22 Entree * French Toast Sticks with Syrup Dipping Sauce * Cereal Choices with Toast Fruit 100% Fruit Juice Applesauce Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	23 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	27 Entree * Waffles with Syrup * Cereal Choices with Toast Fruit 100% Fruit Juice Applesauce Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	27 Entree * Muffin Top & Yogurt * Cereal Choices with Toast Fruit 100% Fruit Juice Mixed Fruit Cocktail Milk 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk	28		
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In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
- **fax:** (833) 256-1665 or (202) 690-7442; or
- **email:** program.intake@usda.gov

This institution is an equal opportunity provider.

February 2023

O'Neill Elementary, Grades PK-6 2022-2023 Lunch, Grades K-5

	01	02	03
	<p>Entree</p> <ul style="list-style-type: none"> * Beef Taco in a Bag * Crispy Chicken Sandwich * Ham & Turkey Charcuterie Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Refried Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Desserts</p> <ul style="list-style-type: none"> Fresh Baked Chocolate Chip Cookie <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Spaghetti * Chicken Nugs with Garlic Breadstick * Fresh Baked Combo Sub <p>Vegetables</p> <ul style="list-style-type: none"> Green Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>Entree</p> <ul style="list-style-type: none"> * Cheese Pizza * Pepperoni Pizza * Made Fresh Cheesy Ham Baked Tater with Breadstick * Turkey & Cheddar Deli Wrap <p>Vegetables</p> <ul style="list-style-type: none"> Steamed Broccoli Florets <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
<p>Entree</p> <ul style="list-style-type: none"> * French Toast Sticks with Eggs * Cheeseburger * Crispy Chicken Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Hash Brown Triangle <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>Entree</p> <ul style="list-style-type: none"> * Beef Stroganoff with Dinner Roll * Mozzarella Bosco Sticks with Marinara Dipping Sauce * Fresh Baked Combo Sub <p>Vegetables</p> <ul style="list-style-type: none"> Lemon Herbed Broccoli and Cauliflower <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Beef Chili and Crackers * Hot Dog * Southwest Shaker with Tortilla Chips <p>Vegetables</p> <ul style="list-style-type: none"> Golden Corn <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Desserts</p> <ul style="list-style-type: none"> Fresh Baked Cinnamon Bun <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Cheeseburger Macaroni Skillet with Garlic Breadstick * Popcorn Chicken with Garlic Breadstick * Fresh Baked Ham & Cheese Sub <p>Vegetables</p> <ul style="list-style-type: none"> Green Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
	<p>Entree</p> <ul style="list-style-type: none"> * Cheese Pizza * Pepperoni Pizza * Made Fresh Scalloped Potatoes & Ham with Dinner Roll * Fajita Deli Wrap <p>Vegetables</p> <ul style="list-style-type: none"> BBQ Baked Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 		

<p>13</p> <p>Entree</p> <ul style="list-style-type: none"> * Pizza Pasta Bake w/ Garlic Breadstick * Chicken Nugs with Garlic Breadstick * Chicken BLT Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Green Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>14</p> <p>Entree</p> <ul style="list-style-type: none"> * Chicken Pot Pie * Baked Pork Fritter * Fresh Baked Italian Sub <p>Vegetables</p> <ul style="list-style-type: none"> Mashed Potatoes with Chicken Gravy <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Desserts</p> <ul style="list-style-type: none"> Rice Crispy Treat <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>15</p> <p>Entree</p> <ul style="list-style-type: none"> * Soft Shell Beef Tacos * Chicken Parm Sandwich * Crispy Chicken Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Refried Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>16</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Chicken Ranch Pasta with Breadstick * Corn Dog * Fresh Baked Turkey & Cheese Sub <p>Vegetables</p> <ul style="list-style-type: none"> Peas <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>17</p> <p>Misc.</p> <ul style="list-style-type: none"> No School
<p>20</p> <p>Misc.</p> <ul style="list-style-type: none"> No School 	<p>21</p> <p>Entree</p> <ul style="list-style-type: none"> * Beef Taco in a Bag * Crispy Chicken Sandwich * Fresh Baked Ham & Turkey Sub <p>Vegetables</p> <ul style="list-style-type: none"> Fiesta Corn <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Desserts</p> <ul style="list-style-type: none"> Cookie Dunker <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>22</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Goulash * Mozzarella Bosco Sticks with Marinara Dipping Sauce * Chicken Charcuterie Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Mixed Vegetables <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>23</p> <p>Entree</p> <ul style="list-style-type: none"> * Grilled Cheese Sandwich with Creamy Tomato Soup * Popcorn Chicken with Dinner Roll * Fresh Baked Combo Sub <p>Vegetables</p> <ul style="list-style-type: none"> Baked Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>24</p> <p>Entree</p> <ul style="list-style-type: none"> * Cheese Pizza * Pepperoni Pizza * Made Fresh Chicken Burrito Supreme * Crispy Chicken Deli Wrap <p>Vegetables</p> <ul style="list-style-type: none"> Baked Tator Tots <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
<p>27</p> <p>Entree</p> <ul style="list-style-type: none"> * Italian Dunkers with Marinara Dipping Sauce * Ham, Egg & Cheese Biscuit Sandwich * Crispy Chicken Shaker with Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Green Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>28</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Macaroni & Cheese * BBQ Pulled Pork Sandwich * Fresh Baked Turkey & Cheese Sub <p>Vegetables</p> <ul style="list-style-type: none"> Peas <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 			