



Junior Eagle Journal

Your Source for News from O'Neill Elementary School

February 2024



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. Whether you actively support by volunteering or working with Junior Eagle Boosters, or you are doing a great job as a parent/guardian at home, thank you. 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 5th---5th and 6th Grade Quiz Bowl

February 7th---Holt County Spelling Bee at West Holt @ 1:00 pm

February 12th---Heart Heroes Kickoff

February 12th---Junior Eagle Boosters @ 5:00 pm

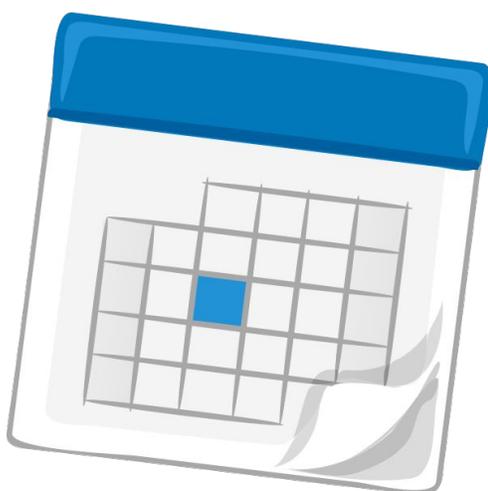
February 16th---NO SCHOOL

February 20th---Kindergarten Registration @ Central Office

February 21st---Preschool Registration @ Central Office

February 26th---NO School Due to Parent-Teacher Conferences

February 29th-March 1st---NO School for Spring Break



Really Cool Stuff!

Congratulations!

Congratulations to Aiyanna Brown, Kloe Kopecky, Mya McCormick, Tandi Shoemaker, Jaidyn Owens, Lianna Murphy, Delaney Jackson, Clayton Hansen, Kyler Wetlaufer, and Noah Wiekamp for performing at Sing Around Nebraska.



Congrats

Congratulations to the top 3 spellers in 5th and 6th grade! 6th-Noah Kaiser, Zooey Hilger, Ryder Crooker
5th-Dane Bowder, Blake Bohlender, Blake Boettcher



O'NEILL PUBLIC SCHOOLS

February 2024

O'Neill Elementary, Grades PK-6
2023-2024 Breakfast, Grades K-6

			<p>01</p> <p>Breakfast Entree</p> <ul style="list-style-type: none"> * Sausage Breakfast Pizza * 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 	<p>02</p> <p>Breakfast 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
<p>05</p> <p>Breakfast 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 Sliced Peaches <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>06</p> <p>Breakfast Entree</p> <ul style="list-style-type: none"> * Pancake and Sausage Links * 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 	<p>06</p> <p>Breakfast Entree</p> <ul style="list-style-type: none"> * Fresh Baked Egg & Cheese Biscuit Sandwich * 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 	<p>07</p> <p>Breakfast Entree</p> <ul style="list-style-type: none"> * Ultimate Chocolate Chip Breakfast Round * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice Sliced Pears <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>08</p> <p>Breakfast 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 Fresh Orange Slices <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
<p>09</p> <p>Breakfast 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 Sliced Peaches <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>09</p> <p>Breakfast Entree</p> <ul style="list-style-type: none"> * Pancake and Sausage Links * 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 	<p>09</p> <p>Breakfast Entree</p> <ul style="list-style-type: none"> * Fresh Baked Egg & Cheese Biscuit Sandwich * 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 	<p>09</p> <p>Breakfast Entree</p> <ul style="list-style-type: none"> * Ultimate Chocolate Chip Breakfast Round * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice Sliced Pears <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>09</p> <p>Breakfast 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 Fresh Orange Slices <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk

<p>Breakfast Entree</p> <ul style="list-style-type: none"> * Bacon & Egg Breakfast Pizza * 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 	<p>Breakfast Entree</p> <ul style="list-style-type: none"> * Croissant Melt * 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 	<p>Breakfast Entree</p> <ul style="list-style-type: none"> * Glazed Donut * 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 	<p>Breakfast Entree</p> <ul style="list-style-type: none"> * Fresh Baked Biscuits and Gravy * 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 	<p>Breakfast Entree</p> <p>No School at Elementary</p>
<p>Breakfast 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 Sliced Peaches <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>Breakfast Entree</p> <ul style="list-style-type: none"> * Fresh Baked Egg & Cheese Biscuit Sandwich * 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 	<p>Breakfast 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 Fresh Orange Slices <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>Breakfast Entree</p> <ul style="list-style-type: none"> * Blueberry Oatmeal Bar * 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 Skim Unflavored Milk 	<p>Breakfast 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
<p>Breakfast Entree</p> <ul style="list-style-type: none"> * Croissant Melt * 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 	<p>Breakfast Entree</p> <ul style="list-style-type: none"> * Yogurt & Nilla Wafers * 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 	<p>Breakfast Entree</p> <ul style="list-style-type: none"> * Bacon & Egg Breakfast Pizza * 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 Skim Unflavored Milk 	<p>Breakfast Entree</p> <ul style="list-style-type: none"> * Pancake and Sausage Links * 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 Skim Unflavored Milk 	



O'NEILL PUBLIC SCHOOLS

February 2024

O'Neill Elementary, Grades PK-6
2023-2024 Lunch, Grades K-5

			<p>01</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Made Fresh Spaghetti * Chicken Nuggets * Ham & Cheese Snackable <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>02</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Cheese Pizza * Fresh Baked Zesty Combo Sub <p>* Hot Dog</p> <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>05</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Cheeseburger * Fresh Baked Combo Sub * Chicken Alfredo <p>Vegetables</p> <ul style="list-style-type: none"> Tater 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>06</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Popcorn Chicken * Pizza Snackable * Made Fresh Macaroni & Cheese with Breadstick <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>07</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Made Fresh Beef Chili * Hot Dog * Fresh Baked Ham & Cheese Sub <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>08</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Mozzarella Twiz-Sticks with Marinara Dipping Sauce * Corn Dog * Nacho Snackable <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>09</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Pepperoni Pizza * Fresh Baked Zesty Combo Sub * Chicken Fajita <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>12</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Pizza Pasta Bake w/ Garlic Breadstick * Fresh Baked Combo Sub * Crispy Chicken Sandwich <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>13</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Italian Dunkers with Marinara Dipping Sauce * Fresh Baked Ham & Cheese Sub * Corn Dog <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>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>14</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Soft Shell Beef Tacos * Fish Nuggets with Breadstick * Ham & Cheese Snackable <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>15</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Hot Ham & Cheese Melt * Nacho Snackable * Chicken Taco in a Bag <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>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>16</p> <p>Breakfast Entree</p> <p>No School at Elementary</p>
<p>19</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Hot Pepperoni Sub * Cheeseburger * Fresh Baked Combo Sub <p>Vegetables</p> <ul style="list-style-type: none"> Crinkle Cut Fries <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>20</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Beef Taco in a Bag * Crispy Chicken Sandwich * Dual Cheese Snackable <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"> Cookie Dunker <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>21</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Mozzarella Twiz-Sticks with Marinara Dipping Sauce * Fresh Baked Ham & Cheese Sub * Mini Corn Dogs <p>Vegetables</p> <ul style="list-style-type: none"> Steamed Carrots <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>22</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Traditional Beefy Lasagna * Chicken Nugs * Pizza Snackable <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>23</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Pepperoni Pizza * Fresh Baked Zesty Combo Sub * Grilled Cheese Sandwich <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>26</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Crispy Chicken Sandwich * Fresh Baked Combo Sub * Traditional Sloppy Joe <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>27</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Pancakes & Sausage * Nacho Snackable * Made Fresh Chicken Ranch Pasta <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>Lunch Entree</p> <ul style="list-style-type: none"> * Super Nachos * BBQ Rib Sandwich * Fresh Baked Ham & Cheese Sub <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>Desserts</p> <ul style="list-style-type: none"> * Cinnamonal Pretzel <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>29</p> <p>Lunch Entree</p> <ul style="list-style-type: none"> * Hot Dog * Ham & Cheese Snackable * Made Fresh Macaroni & Cheese with Breadstick <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 	