



Junior Eagle Journal

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



Home for the Holidays

We are at about the halfway point of the 2022-23 school year and I can't believe I'm saying that. It feels like just yesterday that I was writing our beginning of the year note home. However, here we are. Ready for Winter Break.

During this time, I encourage all of you to make sure to take time to spend time away from the minutiae of life. While vegging out on the couch & doing nothing for a little while definitely seems like a great idea, I encourage you to try out a no device challenge for a day. Here are some things you can do during this time:

1. Play board games as a family
2. Do a Holiday Scavenger Hunt
3. Cook as a family
4. Have family DEAR (Drop Everything and Read) Time
5. Decorate cookies (and eat them, of course!)
6. Go bowling
7. Go to a movie

I guarantee you will enjoy your time and maybe even start a new family tradition. Have a happy holiday and enjoy your time together!

Thank you,

Mr. Jim York

Principal, O'Neill Elementary School

A Few Announcements...



- We are entering the time of year where we will have some cold days. Please remember to send your child(ren) to school dressed appropriately and with hats & gloves.
- If students intend on playing in the snow, they will be expected to wear snow pants and boots.
- Please remember that students are expected to be off campus by 3:45 pm, unless they are here for Developing Eagles or another school-related activity. If a student is signed up for Developing Eagles and not picked up by 3:45, the student will be sent to Developing Eagles.
- Please call the office if your child is sick or will not be in attendance. This helps us keep more accurate track of excused and unexcused absences.
- Promptness is important! Please make sure your child is IN SCHOOL by 8:00 every morning. Tardiness makes the day difficult for all those involved.
- If your contact information changes, please inform the office. This will make it easier for us to contact you should we need to.
- Please remember if you need to come into the building during pick up/drop off time, you need to park in one of the parking lots. Also, if you are not handicapped, please do not pick students up in the handicapped parking spot.

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 online.

- Be Safe-The Internet and social media can be scary! If you do not know the person you are talking to in real life, do not "friend" them.
- Be Respectful-Use the "Grandma Rule." If you don't want your Grandma to see it, DO NOT POST IT!
- Be Responsible-You always leave a "digital footprint" online. Which means, people can always know where you've been. Be responsible about where you'd go, just like in real life.

Upcoming Dates

December 7th-8th---Lions Club Health Screenings All Day

December 9th---No School for Staff PD

December 12th-16th---Food Drive All Week

December 13th---Kindergarten Holiday Program @ 7:00 pm --
Elementary Gym

December 16th---1st-6th grade Holiday Program @ 7:00 pm -- High
School Old Gym

December 22nd---School Spirit Day – PJ Day

December 22nd---Last Day of 2nd Quarter -- Dismiss @ 1:30

December 23rd-January 3rd---NO SCHOOL for Winter Break

January 4th---First day of 2nd semester

IT'S THAT TIME OF YEAR!



It's time for the canned food drive. The Elementary will be competing against the High School this year. The competition goes from December 12-16.

The grade level with the most cans wins a hot chocolate & cookie decorating party!

December 2022

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

			<p>01</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>02</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>05</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>06</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>07</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>08</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>09</p>

<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 <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"> * Iced Long John * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <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"> * Ham, Egg & Cheese Biscuit Bake * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <p>Milk</p> <ul style="list-style-type: none"> Fresh Orange Slices Strawberry Skim Milk 1% Unflavored Milk Chocolate Skim Milk 	<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 <p>Milk</p> <ul style="list-style-type: none"> Applesauce 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<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 <p>Milk</p> <ul style="list-style-type: none"> Pineapple Tidbits 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk
<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 	<p>Entree</p> <ul style="list-style-type: none"> * Muffin Top & Yogurt * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <p>Mixed Fruit Cocktail</p> <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"> * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <p>Fresh Orange Slices</p> <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"> * Pancake and Sausage Links * Cereal Choices with Toast <p>Fruit</p> <ul style="list-style-type: none"> 100% Fruit Juice <p>Sliced Peaches</p> <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>Misc.</p> <ul style="list-style-type: none"> No School
<p>Misc.</p> <ul style="list-style-type: none"> No School 	<p>Misc.</p> <ul style="list-style-type: none"> No School 	<p>Misc.</p> <ul style="list-style-type: none"> No School 	<p>Misc.</p> <ul style="list-style-type: none"> No School 	<p>Misc.</p> <ul style="list-style-type: none"> No School

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.

December 2022

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

			<p>01</p> <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>02</p> <p>Entree</p> <ul style="list-style-type: none"> * Made Fresh Scalloped Potatoes & Ham with Dinner Roll * Cheese Pizza * Pepperoni Pizza * 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>05</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>06</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"> Gelatin Dessert <p>Milk</p> <ul style="list-style-type: none"> 1% Unflavored Milk Chocolate Skim Milk Strawberry Skim Milk 	<p>07</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>08</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>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>09</p>

<p>Entree</p> <ul style="list-style-type: none"> * Hot Pepperoni Sub * Cheeseburger * Taco Shaker with Tortilla Chips <p>Vegetables</p> <ul style="list-style-type: none"> Candied 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>Entree</p> <ul style="list-style-type: none"> * Baked Ham with Dinner Roll * Popcorn Chicken Bites with Dinner Roll * Fresh Baked Ham & Turkey 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"> Apple Crisp <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 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>Entree</p> <ul style="list-style-type: none"> * Grilled Cheese Sandwich with Creamy Tomato Soup * Crispy Chicken Sandwich * Spicy Chicken Sandwich * 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>Entree</p> <ul style="list-style-type: none"> * Made Fresh Chicken Burrito Supreme * Cheese Pizza * Pepperoni Pizza * 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>Entree</p> <ul style="list-style-type: none"> * Italian Dunkers with Marinara Dipping Sauce * Breakfast Bowl with Fresh Baked Biscuit * 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>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 	<p>Entree</p> <ul style="list-style-type: none"> * Super Nachos * BBQ Rib Sandwich * Chicken Gyro Shaker with Fire Roasted Flatbread <p>Vegetables</p> <ul style="list-style-type: none"> Zesty Black Beans <p>Fruit</p> <ul style="list-style-type: none"> Fruit and Veggie Bar <p>Desserts</p> <ul style="list-style-type: none"> Blueberry Crisp <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 Loaded Hash Browns with Biscuit * Twisted Dog * Fresh Baked Italian Sub <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>Misc.</p> <p>No School</p>
<p>Misc.</p> <p>No School</p>	<p>Misc.</p> <p>No School</p>	<p>Misc.</p> <p>No School</p>	<p>Misc.</p> <p>No School</p>	<p>Misc.</p> <p>No School</p>