




## Healthy tip of the month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news is people who are at risk for type 2 diabetes, can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.



# ONE & OES - LUNCH MENU – NOVEMBER 2023

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.						
	J Turkey Sub Chicken Salad			1 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple	2 Tacos Black Beans Lettuce Tomatoes Applesauce	3 Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick
Breads/Buns are whole grain rich.						4
<b>Lunch \$3.50</b>	5	6 Boneless Chicken Wings Mashed Potatoes White Beans Orange	7 French Toast Sausage Potato Cubes Cucumbers Apple Juice	8 Meatball Sub Hot Carrots Tater Tots Pineapple	9 Chicken Alfredo Broccoli Salad Apple	10 Cheese Pizza Cucumber Salad Sidekick
<b>Salad Combo &amp; Sub Combo \$3.50</b>	A Ham Sub Turkey Salad					11
<b>Subs and Salads will not be made for Pizza days.</b>	12 T/G/U Italian Sub Chef Salad	13 Corn Dog Green Beans Fresh Carrots Potato Cubes Apple	14 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	15 Chicken Tenders Mac & Cheese Corn Cucumbers Apple	16 Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn / Apple	17 Cheese Pizza Fresh Carrots Salad Sidekick
Menu Subject to Change	19					25
	26 P/L/R Turkey Sub Chicken Salad	27 Vegetarian Fried Rice Egg Roll Chicken Chunks Broccoli Applesauce	28 Chicken Tenders Potato Wedges White Beans Salad Orange	29 Tacos Black Beans Lettuce Tomatoes Applesauce	30 Pasta w/ Meat Sauce Fresh Carrots Salad Applesauce	1 Cheese Pizza Cucumbers Salad Sidekick
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