

Healthy tip of the month

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for: • **Some types of cancer** • **Heart disease** • **Type 2 diabetes** • **High blood pressure** • **Obesity**. We can make a difference by spreading the word about tips for healthy eating and encourage each other. Let us this month to raise awareness about the importance of getting enough fruits and vegetables. Some ideas are: • **Spread the word and support local agriculture**. • **Encourage families to make small changes**, like keeping fresh fruit or carrot sticks within easy reach.

ONE & OES - LUNCH MENU – SEPTEMBER 2023

Milk is served with every lunch.

Breads/Buns are whole grain rich.




Lunch \$3.50

Salad Combo & Sub Combo \$3.50

Subs and Salads will not be made for Pizza days.

Menu Subject to Change



	Mon	Tue	Wed	Thu	Fri	Sat
					1 Cheese Pizza Fresh Carrots Cucumbers Sidekick	2
	3 A Ham Sub Chicken Salad	4 	5 Boneless Ckn. Wings Mashed Potato White beans Orange	6 Meatball Sub Hot Carrots Tater Tots Pineapple	7 Chicken Alfredo Broccoli Salad Apple	8 Cheese Pizza Cucumbers Salad Sidekick
	10 B Turkey Sub Chef Salad	11 Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	12 Cheeseburger Fresh Carrots Potato Wedge Corn Mandarin Orange	13 Penne Pasta w Meat Sauce Cucumbers Salad Apple	14 Taco Black Beans Lettuce Tomatoes Orange	15 Cheese Pizza Cucumbers Salad Sidekick
	17 P Italian Sub Turkey Salad	18 Chicken Tenders Spiral Potato White Beans Peaches	19 Stromboli Meat Lover Salad Cucumbers Fresh carrots Hot Apples	20 Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Applesauce Egg Roll	21 Chicken Parm W Pasta Hot Carrots Salad Apple	22 Cheese Pizza Cucumbers Salad Sidekick
	24 L Ham Sub Chicken Salad	25 	26 Cheeseburger Cucumbers Salad Tater Tots Pineapple	27 Chicken alfredo Broccoli Fresh carrots Salad Peaches	28 Chicken Tenders Potato Wedges White Beans Salad Orange	29 Cheese Pizza Cucumbers Salad Sidekick
						30

*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.