Healthy tip of the month

Take steps to keep you and your loved ones safe, healthy, and ready to enjoy the holidays. * Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly. * Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day. * Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential

ONE & OES - LUNCH MENU - DECEMBER 2021

Milk is served
with every lunch.

Menu subject to change.

Lunch \$3.50

Breads/Buns are whole grain rich.

ONE & OES offers

Salad Combo & **Sub Combo** \$3.50

Subs and Salads will not be made for Pizza 19 days.



N Italian Sub	DECE
Chicken Salad	

Winas

Boneless Chicken

Mashed Potato

White Beans

Oranges

Nachos

Lettuce

Orange

Tomatoes

Black Beans

13

Mon

QE PE	CEMBER
	C. Marie

7

14

French toast

Potato Cubes

Cucumbers

Apple Juice

Sandwich

Hot Carrots

Spiral Potato

Sausage Links (2)

Breaded Chicken

Mandarin Oranges

Tue

1	
Breaded Chicken	
Sandwich	
Hot Carrots	
Tater Tots	
Mandarin Oranges	3
J	

Hot carrots

Tater Tots

Pineapple

15

Hot Dog

Green Beans

Potato Cubes

Hot Apple

Wed

Hot Carrots Tater Tots Mandarin Oranges	Lettuce Tomatoes Potato Wedges Orange
8 Meatball Sub	9 Chicken Alfredo

Thu

Hamburger Green Beans



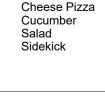
Chicken Alfredo

16

Broccoli

Salad

Apple



Cheese Pizza

Cucumber

Salad

10

Sidekick

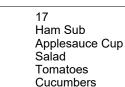
Fri

Sat

11

18

25





5

12

Turkey Sub

Chef Salad

Ham sub

Turkey Salad



26



