

## 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 accidents

# 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  
days.



	Mon	Tue	Wed	Thu	Fri	Sat
	N Italian Sub Chicken Salad			1 Breaded Chicken Sandwich Hot Carrots Tater Tots Mandarin Oranges	2 Hamburger Green Beans Lettuce Tomatoes Potato Wedges Orange	3 Cheese Pizza Cucumber Salad Sidekick
	4					
5	A Turkey Sub Chef Salad	6 Boneless Chicken Wings Mashed Potato White Beans Oranges	7 French toast Sausage Links (2) 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
						11
12	F Ham sub Turkey Salad	13 Nachos Black Beans Lettuce Tomatoes Orange	14 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Oranges	15 Hot Dog Green Beans Potato Cubes Hot Apple	16 Chicken Alfredo Broccoli Salad Apple	17 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers
						18
19						25
26						1



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