

Healthy tip of the month

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association



ONE & OES - LUNCH MENU – OCTOBER 2023

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	1	2	3	4	5	6
	G Ham Sub Chef Salad	Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	Chicken Tenders Mac & Cheese Cucumbers Corn Apple	Cheeseburger Spiral Potato Salad Orange	BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin orange	Cheese Pizza Cucumbers Salad Sidekick
Breads/Buns are whole grain rich.						
Lunch \$3.50	8	9	10	11	12	13
	T Turkey Sub Chicken Salad	Corn Dog Green Beans Fresh Carrots Potato Cubes Apple	Taco Black Beans Lettuce Tomatoes Mandarin Oranges	Boneless Chicken Wings Mashed Potato Broccoli Peaches	Chicken Alfredo Broccoli Salad Applesauce	Cheese Pizza Fresh Carrots Salad Sidekick
Salad Combo & Sub Combo \$3.50						14
Subs and Salads will not be made for Pizza days.	15	16	17	18	19	20
	O Italian Sub Turkey Salad	Professional Duty Day	Hot Dog Mac & Cheese Hot Carrot Cucumbers Pineapple	Chicken Alfredo Broccoli Salad Peaches	Meatball Sub Green Beans Tater Tots Pineapple	Cheese Pizza Fresh Carrots Salad Sidekick
Menu Subject to Change	22	23	24	25	26	27
	K Ham Sub Chef Salad	Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange	Nachos Black Beans Lettuce Tomatoes Orange	Italian Sub Applesauce Cup Salad Tomatoes Cucumbers	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Cucumber Salad Sidekick
	29	30	31	1	2	3
	J Turkey Sub Chicken Salad	Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	Chicken Alfredo Broccoli Salad Apple	Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple	Tacos Black Beans Lettuce Tomatoes Applesauce	Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick



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