



Healthy tip of the month

Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.



ONE & OES - LUNCH MENU - JANUARY 2022

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.						1	
Menu subject to change.	2 B Italian Sub Chicken Salad	3 Corn Dog Potato Cubes Green Beans Hot Carrots Sliced Apple	4 Tacos Black Beans Lettuce Tomatoes Orange	5 Cheeseburger Potato Wedges Corn Fresh Carrots Mandarin Oranges	6 Penne Pasta With Meat Sauce Cucumbers Salad Apple	7 Cheese Pizza Cucumber Salad Sidekick	8
Breads/Buns are whole grain rich.	9 R Turkey Sub Chef Salad	10 Hurricane Make-Up Day	11 Professional Duty Day	12 Ham & Cheese Pocket Fresh Carrots Salad / Potato Cubes Orange	13 Cheeseburger Broccoli Tater Tots Apple	14 Cheese Pizza Cucumber Salad Sidekick	15
ONE & OES offers							
Salad Combo & Sub Combo \$3.50	16 J Ham Sub Turkey Salad	17 	18 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	19 Breaded Chicken Sandwich Broccoli / Fresh carrots Spiral Potato Apple	20 Chicken Alfredo Broccoli Salad Apple	21 Cheese Pizza Fresh Carrots Salad Sidekick	22
Subs and Salads will not be made for Pizza days.	23 O Italian Sub Chicken Salad	24 Meatball sub Green Beans Tater Tots Pineapple	25 Tacos Black Beans Lettuce / Tomatoes Orange	26 Hot Dog Mac & cheese Hot Carrots / Cucumber Pineapple	27 Chicken Alfredo Broccoli Salad Peaches	28 Cheese Pizza Fresh Carrots Salad Sidekick	29
	30 G Turkey Sub Chef Salad	31 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	1 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apple	2 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Oranges	3 Cheeseburger Spiral Potato Salad Orange	4 Cheese Pizza Cucumber Salad Sidekick	5
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*Available online to make payments or check account balances: myschoolbucks.com
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