

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 2022

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
	H Ham Sub Turkey Salad				1 Chicken Alfredo Broccoli Fresh Carrots Peaches	2 Cheese Pizza Cucumbers Fresh Carrots Sidekick
	4 J Turkey Sub Chef Salad	5 	6 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	7 Chicken Alfredo Broccoli Salad Apple	8 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potato Apple	9 Cheese Pizza Fresh Carrots Salad Sidekick
	11 O Italian Sub Chicken Salad	12 BBQ Grilled Chicken Sandwich Potato Cubes Cucumber Green Beans Orange	13 Meatball sub Green Beans Tater Tots Pineapple	14 Hot Dog Mac & cheese Hot Carrots / Cucumber Pineapple	15 Chicken Alfredo Broccoli Salad Peaches	16 Cheese Pizza Fresh Carrots Salad Sidekick
	18 P Ham Sub Turkey Salad	19 Stromboli Meat Lover Fresh Carrots Salad Cucumbers Hot Apple	20 Chicken Tenders Spiral Potatoes White Beans Peaches	21 Chicken Parmesan Pasta Hot Carrots Salad Apple	22 Vegetarian Fried Rice / Egg Roll Chicken Broccoli Cucumber Applesauce	23 Cheese Pizza Cucumber Salad Sidekick
	25 L Turkey Sub Chicken Salad	26 Chicken Tenders Potato wedges White Beans Salad Orange	27 Cheeseburger Tater Tots Cucumber Salad Pineapple	28 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	29 Chicken Alfredo Broccoli Fresh Carrots Salad Peaches	30 Cheese Pizza Cucumber Salad Sidekick
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Rosh Hashanah

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