

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 2023

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.					1	2
Breads/Buns are whole grain rich.					Cheese Pizza Cucumbers Salad Sidekick	
Lunch \$3.50	P/L/R Turkey Sub Chicken Salad					
Salad Combo & Sub Combo \$3.50	3 B / H Ham Sub Turkey Salad	4 B Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	5 H Nachos Black Beans Lettuce Tomatoes Salsa	6 H Chicken Alfredo Broccoli Fresh Carrots Peaches	7 B Cheeseburger Potato Wedges Corn Fresh Carrots Mandarin Oranges	8 B Cheese Pizza Cucumber Salad Sidekick
Subs and Salads will not be made for Pizza days.	10 F / P / G Italian Sub Chef Salad	11 F Hot Dog Potatoes Cubes Green Beans Hot Apples	12 P Chicken Tenders Spiral Potato White Beans Peaches	13 G Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	14 F Chicken Alfredo Broccoli Salad Apple	15 F Cheese Pizza Cucumber Salad Sidekick
Menu Subject to Change	17 M Sub & Salad Manager Choice	18 Boneless Chicken Wings Green Beans Tater Tots Mandarin Oranges	19 Cheeseburger Lettuce Tomatoes Spiral Potato Apple	20 Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	21 Breaded Chicken Sandwich Potato Cubes White Beans Pineapple	22 Cheese Pizza Cucumber Salad Sidekick
24						

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