

Healthy tip of the month

Families everywhere are bracing for a return to school, work and hectic schedules. The sudden change to fall activity however can quickly sap energy levels leaving both parents and kids tired, stressed and even prone to illness. Plan ahead with the hints below to ease the transition; you can ward off fatigue and anxiety, and keep your family in good health. 1. **Get to bed earlier.** 2. **Eat well.** 3. **Give your immune system a boost.** 4. **Wash your hands.** 5. **Get to know the school nurse.** 6. **Take a breather.**

ONE & OES - LUNCH MENU - AUGUST 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	
	<i>We are ready to have a great year!</i>					6	
							
7	A Ham Sub Turkey Salad	8	9	10 Boneless Chicken Wings Mashed Potatoes White beans Orange	11 Chicken Alfredo Broccoli Salad Apple	12 Meatball Sub Hot Carrots Tater Tots Pineapple	13
14	R Turkey Sub Chef Salad	15 Tacos Black Beans Lettuce / Tomatoes Applesauce	16 Hot Dog Potato Cubes Fresh Carrots Salad Orange	17 Cheeseburger Broccoli Tater Tots Apple	18 Pasta w/ Meat Sauce Salad Applesauce	19 Cheese Pizza Cucumbers Salad Sidekick	20
21	G Italian Sub Chicken Salad	22 Chicken Tenders Mac & Cheese Corn Cucumbers Apple	23 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin	24 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	25 Cheeseburger Spiral Potato Salad Orange	26 Cheese Pizza Cucumbers Salad Sidekick	27
28	H Ham Sub Turkey Salad	29 Nachos Black Beans Lettuce Tomatoes Salsa Orange	30 Omelette Hashbrown Sausage Cucumbers Apple Juice Roll	31 Turkey Sub Applesauce Cup Salad Tomatoes Cucumbers	1 Chicken Alfredo Broccoli Fresh Carrots Peaches	2 Cheese Pizza Cucumbers Fresh Carrots Sidekick	3

*Available online to make payments or check account balances: myschoolbucks.com
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