

Healthy tip of the month

Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet

# OEN & OES - LUNCH MENU - FEBRUARY 2025

Milk is served with every lunch.

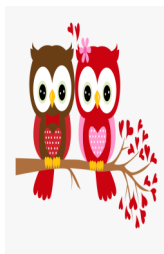
Breads/Buns are whole grain rich.

**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



	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	O/N	3 Hot Dog Mac & Cheese Hot Carrot Cucumbers Pineapple	4 Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	5 Meatball Sub Green Beans Tater Tots Pineapple	6 Chicken Alfredo Broccoli Salad Peaches	7 Cheese Pizza Fresh Carrots Salad Sidekick	8
9	K/P Italian Sub Chicken Salad	10 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Mandarin Oranges	11 Nachos Black Beans Lettuce / Tomatoes Salsa Orange	12 Stromboli Meat Lover Fresh Carrots Cucumbers Salad Hot Apple	13 Chicken Alfredo Broccoli Salad Apple	14 Cheese Pizza Cucumbers Salad Sidekick	15
16	L Ham Sub Turkey Salad	17 	18 Cheeseburger Cucumbers Salad Tater Tots Pineapple	19 Chicken Tenders Potato Wedges White Beans Salad Orange	20 Chicken Alfredo Broccoli Fresh carrots Salad Peaches	21 Cheese Pizza Cucumbers Salad Sidekick	22
23	R Turkey Sub Chicken Salad	24 Hot Dog Potato Cubes Fresh Carrots Salad Orange	25 Tacos Black Beans Lettuce Tomatoes Applesauce	26 Penne Pasta w/ Meat Sauce Fresh Carrots Salad Applesauce	27 Cheeseburger Tater Tots Broccoli Apple	28 Cheese Pizza Cucumber Salad Sidekick	

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