




Healthy tip of the month

**Eating for Good Health** focus on increasing vegetables, fruits and whole grains, and decreasing saturated fats, added sugars and processed foods. **Timing is Key** Timing of meals throughout the day is also key when using and storing energy. **Avoid Trans Fats** Follow your heart and eat foods low in saturated fats to help avoid heart disease. **Remember the three R's REFLECT** on your eating habits by keeping a food journal, **REPLACE** unhealthy eating habits with healthier ones **REINFORCE** your healthier eating habits by planning ahead

# OEN & OES - LUNCH MENU - MARCH 2025

|   | Mon  | Tue   | Wed   | Thu   | Fri  | Sat  |    |
|---|--|---|---|---|--|--|----|
| Milk is served with every lunch.  |  |   |   |   |  | 1  |    |
| Breads/Buns are whole grain rich.   | 2<br>F<br>Ham Sub<br>Chicken Salad   | 3<br>Nachos<br>Black Beans<br>Lettuce / Tomatoes<br>Salsa<br>Orange                 | 4<br>Breaded Chicken Sandwich<br>Hot Carrots<br>Spiral Potato<br>Mandarin Orange                        | 5<br>Hot dog<br>Green Beans<br>Potato Cubes<br>Hot Apples                 | 6<br>Chicken Alfredo<br>Broccoli<br>Salad<br>Apple                     | 7<br>Cheese Pizza<br>Cucumbers<br>Salad<br>Sidekick      | 8  |
| <b>Lunch \$3.50</b>   |  |   |   |   |  |  |    |
| <b>Salad Combo &amp; Sub Combo \$3.50</b>   |  |   |   |   |  |  |    |
| Subs and Salads will not be made for Pizza days.                                    | 9<br>T<br>Turkey Sub<br>Chef Salad   | 10<br>Boneless Wings<br>Mashed Potato<br>Broccoli<br>Peaches                        | 11<br>Taco<br>Black Beans<br>Lettuce<br>Tomatoes<br>Mandarin Oranges                                    | 12<br>Corn Dog<br>Green Beans<br>Fresh Carrots<br>Potato Cubes<br>Apple   | 13<br>Chicken alfredo<br>Broccoli<br>Salad<br>Applesauce               | 14<br>Cheese Pizza<br>Fresh Carrots<br>Salad<br>Sidekick | 15 |
|   | 16   |  |   |   |  | 22   |    |
| Menu Subject to Change  |  |   |   |   |  |  |    |
|   | 23<br>L<br>Italian Sub<br>Chicken Salad  | 24<br>Chicken Tenders<br>Potato Wedges<br>White Beans<br>Mandarin Orange            | 25<br>French Toast (3)<br>Sausage Links(2)<br>Potato Cubes<br>Fresh Carrots<br>Cucumbers<br>Apple Juice | 26<br>Cheeseburger<br>Cucumbers<br>Salad<br>Tater Tots<br>Pineapple       | 27<br>Chicken alfredo<br>Broccoli<br>Fresh carrots<br>Salad<br>Peaches | 28<br>Cheese Pizza<br>Cucumbers<br>Salad<br>Sidekick     | 29 |
|  | 30<br>M<br>Ham Sub<br>Chef Salad   | 31<br>Cheeseburger<br>Lettuce<br>Tomatoes<br>Spiral Potatoes<br>Apple               | 1<br>Boneless Wings<br>Tater Tots<br>Green Beans<br>Mandarin Orange                                     | 2<br>Breaded Chicken Sandwich<br>Potato Cubes<br>White Beans<br>Pineapple | 3<br>Penne Pasta<br>W/ Meat Sauce<br>Hot Carrots<br>Salad<br>Peaches   | 4<br>Cheese Pizza<br>Cucumber<br>Salad<br>Sidekick       | 5  |

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)  
**This institution is an equal opportunity provider.**