

*Healthy tip of the month

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association



OEN & OES - LUNCH MENU – OCTOBER 2020

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.50

Breads/Buns are whole grain rich.

ONE & OES offers

Salad Combo & Sub Combo \$3.50

Subs and Salads will not be made for Pizza days.



	Mon	Tue	Wed	Thu	Fri	Sat	
	T Turkey Sub Chef Salad				1 Boneless Chicken Wings Broccoli Tater Tots Peaches	2 Cheese Pizza Sidekick Cucumber Fresh Carrots Salad	3
4 F Ham Sub Chicken Salad	5 Nachos Black Beans Lettuce Tomatoes Orange	6 Hot Dog Green Beans Potato Cubes Hot Apple	7 Breaded Chicken Sandwich Fresh Carrots Spiral Potato Mandarin Orange	8 Chicken Alfredo Salad Tomatoes Apple	9 Cheese Pizza Sidekick Cucumbers Salad Tomatoes	10	
11 B Italian Sub Turkey Salad	12 Tacos Black beans Lettuce Tomatoes Orange	13 Cheeseburger Fresh Carrots Potato Wedges Corn Mandarin Orange	14 Pulled Pork Sandwich Potato Cubes Fresh Carrots Sliced apples	15 Pasta with Meat Sauce Salad Tomatoes Apple	16 Cheese Pizza Sidekick Cucumbers Salad	17	
18 A Turkey Sub Chef Salad	19 Boneless Chicken Wings Mashed Potato White Beans Orange	20 French Toast Sausage Potato Cubes Cucumbers Apple Juice Syrup	21 Meatball Sub Tater Tots Salad Tomatoes Pineapple	22 Chicken Alfredo Salad Tomatoes Apple	23 Cheese Pizza Cucumbers Salad Tomatoes Sidekick	24	
25 K Ham Sub Chicken Salad	26 Nachos Black Beans Lettuce Tomatoes Orange	27 Chicken Tenders White beans Potato wedges Orange	28 Chicken Alfredo Salad Tomatoes Apple	29 Cheese Pizza Cucumbers Salad Tomatoes Sidekick	30 Turkey Sub Applesauce Cup Cucumbers Salad Tomatoes	31	

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