

*Healthy tip of the month

Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

Christa McAuliffe - Lunch Menu – January 2018

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.25

Breads/Buns are whole grain rich.

OES offers

Salad Combo & Sandwich Combo \$3.25



	Mon	Tue	Wed	Thu	Fri	Sat	
7	A	8 Chicken Nuggets Mashed Potato White Beans Orange	9 Grilled chicken Italian Sandwich Spiral Potato Green beans Applesauce	10 Chicken Alfredo Broccoli Salad Apple	11 Meatball sub Hot Carrots Tater tots Pineapple	12 Cheese Pizza Sidekick Cucumbers Salad	13
14	J	15 Martin Luther King, Jr. Day	16 Boneless Chicken wings Hot Carrots Spiral Potato Mandarin Oranges	17 Grilled Ckn. Strips Rice Black Beans Lettuce / Tomato Plantain	18 Chicken Alfredo Broccoli Salad Apple	19 Cheese Pizza Sidekick Fresh Carrots Salad	20
21	K	22 French Toast Sausage Potato Cubes Cucumbers Apple Juice	23 Chicken Nuggets Mashed Potato White Beans Mandarin Oranges	24 Corn Dog Mac & cheese Hot Carrots Cucumbers Pineapple	25 Chicken Alfredo Broccoli Salad Apple	26 Cheese Pizza Salad Cucumbers Fresh Carrots sidekick	27
28	F	29 Nachos Black Beans Lettuce Tomato Orange	30 Hot dog Potato Cubes Green Beans Hot Apples	31 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Oranges	1 Chicken Alfredo Broccoli Salad Apple	2 Cheese Pizza Sidekick Cucumbers Salad	3

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

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