

Healthy tip of the month

Take steps to keep you and your loved ones safe, healthy, and ready to enjoy the holidays. * **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly. * **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day. * **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents



ONE & OES - LUNCH MENU - DECEMBER 2023

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
					1	2
	P/L/R Turkey Sub Chicken Salad				Cheese Pizza Cucumbers Salad Sidekick	
	3	4	5	6	7	8
	B / H Ham Sub Turkey Salad	B Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	H Nachos Black Beans Lettuce Tomatoes Salsa	H Chicken Alfredo Broccoli Fresh Carrots Peaches	B Cheeseburger Potato Wedges Corn Fresh Carrots Mandarin Oranges	B Cheese Pizza Cucumber Salad Sidekick
	10	11	12	13	14	15
	F / P / K Italian Sub Chef Salad	F Hot Dog Potatoes Cubes Green Beans Hot Apples	P Chicken Tenders Spiral Potato White Beans Peaches	K French Toast Sausage Potato Cubes Cucumbers Apple Juice	F Chicken Alfredo Broccoli Salad Apple	F Cheese Pizza Cucumber Salad Sidekick
	17	18	19	20	21	22
	M Sub & Salad Manager Choice	Boneless Chicken Wings Green Beans Tater Tots Mandarin Oranges	Cheeseburger Lettuce Tomatoes Spiral Potato Apple	Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	Breaded Chicken Sandwich Potato Cubes White Beans Pineapple	Cheese Pizza Cucumber Salad Sidekick
	24					

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