

\*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.



# Christa McAuliffe - Lunch Menu – February 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
F				1 Chicken Alfredo Broccoli Salad Apple	2 Cheese Pizza Sidekick Cucumbers Salad	3
4 P	5 Breaded Steak Mashed Potatoes Broccoli Orange	6 Chicken Nuggets Spiral Potato Corn Peaches	7 Ham Sub Fruit cup Salad Cucumbers	8 Pasta With Chicken Parmesan Salad Hot Carrots Apple	9 Cheese Pizza Sidekick Cucumbers Salad	10
11 M	12 Breaded Chicken Sandwich White Beans Potato Cubes Pineapple	13 Pasta with Meat Sauce Salad Hot Carrots Peaches	14 Cheeseburger Spiral Potato Lettuce Tomato Apple	15 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Orange	16 Cheese Pizza Sidekick Cucumbers Salad	17
18 T	19 	20 Teacher In service Day	21 Boneless Chicken wings / Roll Tater Tots Broccoli Peaches	22 Corn Dog Mac & cheese Green Beans Fresh Carrots Apple	23 Cheese Pizza Fresh Carrots Salad Sidekick	24
25 N	26 Boneless Chicken Wings Mashed Potato White beans Fresh Carrots Peaches	27 Hamburger Slider Mac & Cheese Green Beans Lettuce / Tomatoes Orange	28 Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin Orange	1 Chicken Alfredo Broccoli Salad Apple	2 Cheese Pizza Sidekick Cucumbers Salad	3

\*Available online to make payments or check account balances: [myschoolbucks.com](http://myschoolbucks.com)

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