

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 - LUNCH MENU – OCTOBER 2024

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
L Turkey Sub Chef Salad		1 Chicken Tenders Potato Wedges White Beans Salad Orange	2 Cheeseburger Cucumbers Salad Tater Tots Pineapple	3 	4 Cheese Pizza Cucumbers Salad Sidekick	5
F Ham Sub Turkey Salad	7 Breaded Chicken Sandwich Spiral Potato Hot Carrots Mandarin Orange	8 Nachos Black Beans Lettuce / Tomatoes Salsa Orange	9 Hot Dog Potatoes Cubes Green Beans Hot Apples	10 Chicken Alfredo Broccoli Salad Apple	11 Cheese Pizza Cucumber Salad Sidekick	12
P Italian Sub Chicken Salad	14 Chicken Tenders Spiral Potato White Beans Peaches	15 Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Applesauce Egg Roll	16 Stromboli Meat Lover Salad Cucumbers Fresh carrots Hot Apples	17 Chicken Parm W Pasta Hot Carrots Salad Apple	18 Cheese Pizza Cucumber Salad Sidekick	19
M Turkey Sub Chef Salad	21 Boneless Chicken Wings Green Beans Tater Tots Mandarin Orange	22 Cheeseburger Lettuce Tomatoes Spiral Potato Apple	23 Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	24 Breaded Chicken Sandwich Potato Cubes White Beans Pineapple	25 Cheese Pizza Cucumbers Salad Sidekick	26
T Ham Sub Chicken Salad	28 Italian Sub Applesauce Cup Salad Tomatoes Cucumbers <b>Early Dismissal</b>	29 Taco Black Beans Lettuce Tomatoes Mandarin Oranges	30 Boneless Wings Mashed Potato Broccoli Peaches	31 Chicken alfredo Broccoli Salad Applesauce	1 Cheese Pizza Fresh Carrots Salad Sidekick	2

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