

## 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 2025

Milk is served with every lunch.

Breads/Buns are whole grain rich.

**Lunch \$2.50**

**Salad Combo & Sub Combo \$2.50**

**Subs and Salads will not be made for Pizza days.**

Menu Subject to Change



Mon

Tue

Wed

Thu

Fri

Sat



	B	1	2	3	4	5	6
	Turkey Sub Chicken Salad	Stromboli Potato Cubes Green Beans Apples cucumbers	Boneless Chicken Spiral Potatoes Corn Fresh Carrots Apples/ WG Roll	Tacos Organic Black Beans Orange Slices Lettuce/ diced tomato Fresh Carrots	Chicken Alfredo Broccoli Romaine salad Cucumbers Orange slices	Cheese Pizza Cucumber Salad Sidekick	
7 L/M	Ham Sub Turkey Salad	8 Chicken Tenders Mashed Potatoes Green Beans Orange Slices Romaine salad WG Roll	9 Chicken Alfredo Hot Carrots Romaine Salad Banana Cucumbers WG Roll	10 Cheeseburger Veggie Medley Spiral Potatoes Romaine Salad Apples	11 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Banana	12 Cheese Pizza Cucumber Salad Sidekick	13
14 H/A	Italian Sub Crispy Chicken Salad	15 Omelette Hash Browns Sausage Patty Cucumbers Apples WG Roll/ Apple Juice	16 Nachos Organic Black Beans Nacho cheese/ Salsa Lettuce/Diced tom Orange slices	17 Boneless Chicken Mashed Potatoes Green Beans Orange slices WR Roll	18 Roasted Turkey Mashed Potatoes Gravy/ WG Roll Fresh Carrots Corn Apples	19 Ham Sub Applesauce Cup Romaine Salad Cucumbers/Carrots Tomatoes	23
24							



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People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Additional  
Purchase  
Milk .75

ONE  
7:45am-8:15am

OES  
8:00am-8:30am

**Middle School**  
**7:10am-7:35am**

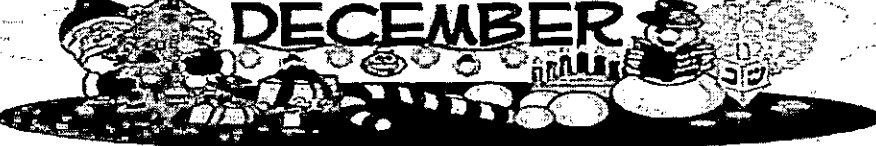
High School  
6:30am-7:00am

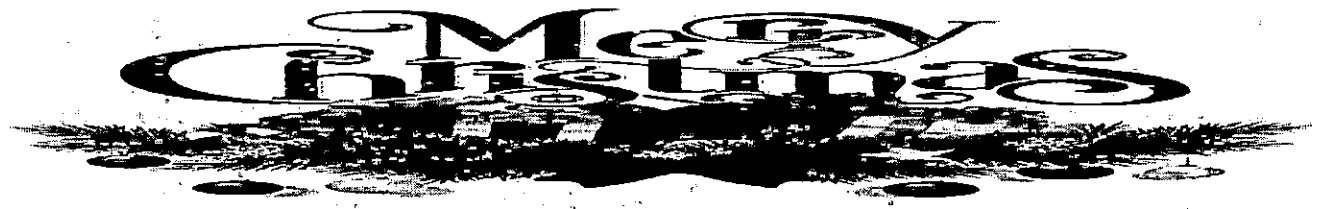
**Start your day with  
a healthy breakfast.**

**Breakfast**  
**\$1.25**

**Menu Subject to  
change**



Mon	Tue	Wed	Thu	Fri	Sat
					
<b>1</b> WG Blueberry Muffin Yogurt Orange slices Apple Juice	<b>2</b> Egg, Sausage cheese English muffin sand. Fresh Melons Orange Juice	<b>3</b> Cinnamon Raisin Bagel Cream Cheese Banana Apple Juice	<b>4</b> Egg, Bacon, Cheese Bagel Yogurt Grapes Apple/Cherry Juice	<b>5</b> Cereal Yogurt Fresh Apples Apple Juice	<b>6</b>
<b>8</b> Bagel Cream Cheese Orange Slices Apple Juice	<b>9</b> Scrambled Eggs Hash Browns Sausage Apples Orange Juice	<b>10</b> French Toast Sausage Pineapples Apple Juice	<b>11</b> Cereal Yogurt Banana Raspberry Juice	<b>12</b> Chocolate Muffin Yogurt Grapes Apple juice	<b>13</b>
<b>15</b> Egg, Bacon, Cheese Bagel Yogurt Banana Orange Juice	<b>16</b> Banana Bread Yogurt Orange slices Apple Juice	<b>17</b> Omelette Hash Brown Sausage Apples Orange Juice	<b>18</b> Chocolate Muffin Yogurt Pineapples Apple/Cherry Juice	<b>19</b> Cereal Cheese Sticks Orange slices Apple Juice	<b>20</b>



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