


Healthy tip of the month

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for: • **Some types of cancer** • **Heart disease** • **Type 2 diabetes** • **High blood pressure** • **Obesity**. We can make a difference by spreading the word about tips for healthy eating and encourage each other. Let use this month to raise awareness about the importance of getting enough fruits and vegetables. Some ideas are: • **Spread the word and support local agriculture**. • **Encourage families to make small changes**, like keeping fresh fruit or carrot sticks within easy reach.

ONE & OES - LUNCH MENU - SEPTEMBER 2024

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	1	2	3	4	5	6
	A Ham Sub Chicken Salad		Boneless Chicken. Wings Mashed Potato White beans Orange	Meatball Sub Hot Carrots Tater Tots Pineapple	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Cucumbers Salad Sidekick
Breads/Buns are whole grain rich.						
Lunch \$3.50	8	9	10	11	12	13
	F Turkey Sub Chef Salad	Hot dog Green Beans Potato Cubes Hot Apples	Breaded Chicken Parm Sandwich Hot Carrots Spiral Potato Mandarin Orange	Chicken Alfredo Broccoli Salad Apple	Nachos Black Beans Lettuce / Tomatoes Salsa Orange	Cheese Pizza Cucumbers Salad Sidekick
Salad Combo & Sub Combo \$3.50						
Subs and Salads will not be made for Pizza days.	15	16	17	18	19	20
	G Italian Sub Turkey Salad	Chicken Tenders Mac & Cheese Cucumbers Corn Apple	Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Oranges	Cheeseburger Spiral Potato Salad Orange	Cheese Pizza Cucumbers Salad Sidekick
Menu Subject to Change	22	23	24	25	26	27
	J Ham Sub Chicken Salad	Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple	Tacos Black Beans Lettuce Tomatoes Applesauce	Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick
	29	30	1	2	3	4
	L Turkey Sub Chef Salad	Cheeseburger Cucumbers Salad Tater Tots Pineapple	Chicken Tenders Potato Wedges White Beans Salad Orange	Chicken alfredo Broccoli Fresh carrots Salad Peaches		Cheese Pizza Cucumbers Salad Sidekick

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