

Healthy tip of the month

Eating for Good Health focus on increasing vegetables, fruits and whole grains, and decreasing saturated fats, added sugars and processed foods. **Timing is Key** Timing of meals throughout the day is also key when using and storing energy. **Avoid Trans Fats** Follow your heart and eat foods low in saturated fats to help avoid heart disease. **Remember the three R's** **REFLECT** on your eating habits by keeping a food journal, **REPLACE** unhealthy eating habits with healthier ones **REINFORCE** your healthier eating habits by planning ahead



OEN & OES - LUNCH MENU - MARCH 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	
	O Turkey Sub Chef Salad			1 Hot Dog Mac & cheese Hot Carrots Cucumber Pineapple	2 Chicken Alfredo Broccoli Salad Peaches	3 Cheese Pizza Fresh Carrots Salad Sidekick	4
	5 M Ham Sub Chicken Salad			6 Boneless Wings Tater Tots Green Beans Mandarin Orange	7 Penne Pasta W/ Meat Sauce Hot Carrots Salad Peaches	8 Breaded Chicken Sandwich White Beans Potato Cubes Pineapple	9 Cheeseburger Lettuce Tomatoes Spiral Potatoes Apple
	12 G Italian Sub Chef Salad	13 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	14 Cheeseburger Spiral Potato Salad Orange	15 Chicken Tenders Mac & Cheese Corn Cucumbers Apple	16 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Oranges	17 Professional Duty Day	18
	19						25
	26 T Ham Sub Chicken Salad	27 Corn Dog Green Beans Fresh Carrots Potato Cubes Apple	28 Boneless Wings Mashed Potato Broccoli Peaches	29 Taco Black Beans Lettuce Tomatoes Mandarin Oranges	30 Chicken alfredo Broccoli Salad Applesauce	31 Cheese Pizza Fresh Carrots Salad Sidekick	1

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