

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

ONE & OES - LUNCH MENU – OCTOBER 2021

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.50


Breads/Buns are whole grain rich.

ONE & OES offers

Salad Combo & Sub Combo \$3.50

Subs and Salads will not be made for Pizza days.



	Mon	Tue	Wed	Thu	Fri	Sat	
	J Turkey Sub Chicken Salad					1 Cheese Pizza Fresh Carrots Salad Sidekick	2
	3 M Ham Sub Turkey Salad	4 Boneless Wings Tater Tots Green Beans Mandarin Orange	5 Cheeseburger Lettuce Tomatoes Spiral Potatoes Apple	6 Chicken Sandwich White beans Potato Cubes Pineapple	7 Pasta W/ Meat Sauce Hot Carrots Salad Peaches	8 Cheese Pizza Cucumber Salad Sidekick	9
	10 K Italian Sub Chef Salad	11 Nachos Black Beans Lettuce Tomatoes Salsa Orange	12 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange	13 Chicken Alfredo Broccoli Salad Apple	14 Cheese Pizza Cucumber Salad Sidekick	Professional Duty Day	
	17 P Turkey Sub Chicken Salad	18 Stromboli Meat Lover Fresh Carrots Cucumbers Salad Hot Apple	19 Vegetarian Fried Rice / Egg Roll Chicken Broccoli Cucumber Applesauce	20 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	21 Chicken Tenders Spiral Potatoes White Beans Peaches	22 Cheese Pizza Cucumber Salad Sidekick	23
	24 / 31 R Ham Sub Turkey Salad	25 Ham & Cheese Pocket Fresh Carrots Salad Potato Cubes Orange	26 Cheeseburger Broccoli Tater Tots Apple	27 Tacos Black Beans Lettuce Tomatoes Applesauce	28 Pasta W/ Meat Sauce Salad Applesauce	29 Cheese Pizza Cucumber Salad Sidekick	30

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