

Healthy tip of the month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news is people who are at risk for type 2 diabetes, can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

ONE & OES - LUNCH MENU - NOVEMBER 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
	1 Chicken Tenders Potato wedges White Beans Salad Orange	2 French Toast Sausage (2) Potatoes Cubes Cucumbers Fresh Carrots Apple Juice	3 Chicken Alfredo Broccoli Fresh Carrots Salad Peaches	4 Cheeseburger Tater Tots Cucumber Salad Pineapple	5 Cheese Pizza Cucumber Salad Sidekick	6
7 B Turkey Sub Chef Salad	8 Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	9 Cheeseburger Potato Wedges Corn Fresh Carrots Mandarin Oranges	10 Penne Pasta With Meat Sauce Cucumbers Salad Apple	11  Hurricane Make up Day	12 Cheese Pizza Cucumber Salad Sidekick	13
14 O Ham Sub Turkey Salad	15 Hot Dog Mac & cheese Hot Carrots Cucumber Pineapple	16 Chicken Alfredo Broccoli Salad Peaches	17 Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn / Apple	18 Meatball sub Green Beans Tater Tots Pineapple	19 Cheese Pizza Fresh Carrots Salad Sidekick	20
21						27
28 N Italian Sub Chicken Salad	29 Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	30 Chicken Alfredo Broccoli Salad Apple	1 Breaded Chicken Sandwich Hot Carrots Tater Tots Mandarin Oranges	2 Hamburger Green Beans Lettuce Tomatoes Potato Wedges Orange	3 Cheese Pizza Cucumber Salad Sidekick	4

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