

Healthy tip of the month

Families everywhere are bracing for a return to school, work and hectic schedules. The sudden change to fall activity however can quickly sap energy levels leaving both parents and kids tired, stressed and even prone to illness. Plan ahead with the hints below to ease the transition; you can ward off fatigue and anxiety, and keep your family in good health. 1. **Get to bed earlier.** 2. **Eat well.** 3. **Give your immune system a boost.** 4. **Wash your hands.** 5. **Get to know the school nurse.** 6. **Take a breather.**

ONE & OES - LUNCH MENU - AUGUST 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
	31	1	2	3	4	5
	6	7	8	9	10	11
T					Taco Black Beans Lettuce / Tomato Mandarin Oranges	Boneless Chicken Wings Mashed Potato Broccoli Peaches
	13	14	15	16	17	18
O	Ham Sub Chicken Salad	Hot Dog Mac & Cheese Hot Carrot Cucumbers Pineapple	BBQ Grilled Chicken Sandwich Green Beans Cucumbers Orange	Chicken Alfredo Broccoli Salad Peaches	Meatball Sub Green Beans Tater Tots Pineapple	Cheese Pizza Fresh Carrots Salad Sidekick
	20	21	22	23	24	25
M	Turkey Sub Chef Salad	Boneless Chicken Wings Green Beans Tater Tots Mandarin Oranges	Cheeseburger Lettuce Tomatoes Spiral Potato Apple	Breaded Chicken Sandwich Potato Cubes White Beans Pineapple	Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	Cheese Pizza Cucumber Salad Sidekick
	27	28	29	30	31	1
H	Italian Sub Turkey Salad	Nachos Black Beans Lettuce Tomatoes Orange	Chicken Alfredo Broccoli Fresh Carrots Peaches	Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	Omelette Hashbrown Sausage Patty Cucumbers Apple Juice Roll	Cheese Pizza Fresh Carrots Cucumbers Sidekick
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