

## 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 us 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 2021

Milk is served with every lunch.

Menu subject to change.

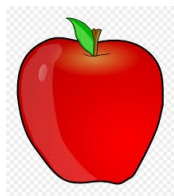
**Lunch \$3.50**




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
N Ham Sub Chef Salad			1 Breaded Chicken Sandwich Hot Carrots Tater Tots Mandarin Oranges	2 Chicken Alfredo Broccoli Salad Apple	3 Cheese Pizza Cucumber Salad Sidekick	4
5 A Turkey Sub Chicken Salad	6 	7 Boneless Chicken Wings Mashed Potato White Beans Oranges	8 Meatball Sub Hot carrots Tater Tots Pineapple	9 Chicken Alfredo Broccoli Salad Apple	10 Cheese Pizza Cucumber Salad Sidekick	11
12 G Italian Sub Turkey Salad	13 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	14 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apple	15 Cheeseburger Spiral Potato Salad Orange	16 	17 Cheese Pizza Cucumber Salad Sidekick	18
19 H Ham Sub Chef Salad	20 Frittata Sausage Patty Hash Brown Cucumbers Apple Juice Roll	21 Nachos Black beans Lettuce Tomatoes Salsa Orange	22 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	23 Chicken Alfredo Broccoli Fresh carrots Peaches	24 Cheese Pizza Cucumber Fresh Carrots Sidekick	25
26 J Turkey Sub Chicken Salad	27 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	28 Philly Cheese Steak Potato cubes Cucumbers Orange	29 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potato Apple	30 Chicken Alfredo Broccoli Salad Apple	1 Cheese Pizza Fresh Carrots Salad Sidekick	2

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