





***Healthy tip of the month**

Eating Better. Breakfast Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

Christa McAuliffe - Lunch Menu – March 2018

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	N				1 Chicken Alfredo Broccoli Salad Apple	2 Cheese Pizza Sidekick Cucumbers Salad
Menu subject to change.	4 B	5 Corn Dog Green Beans Potato Cubes Hot Apple	6 Cheeseburger Corn Sweet Potatoes Mandarin Orange	7 Tacos Black Beans Lettuce Tomatoes Orange	8 Pasta with Meat Sauce Salad Apple Roll	9 Cheese Pizza Salad Cucumbers Sidekick
Lunch \$3.25						10
Breads/Buns are whole grain rich.						
OES offers	11 K	12 Chicken Nuggets Mashed Potato White Beans Mandarin Oranges	13 Corn Dog Mac & cheese Hot Carrots Cucumbers Pineapple	14 Chicken Alfredo Broccoli Salad Apple	15 French Toast Sausage Potato Cubes Cucumbers Apple Juice	16 Cheese Pizza Salad Cucumbers Fresh Carrots Sidekick
Salad Combo & Sandwich Combo \$3.25						17
	18					24
	25 R	26 Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomatoes Plantain	27 Cheeseburger Broccoli Tater Tots Apple	28 Cheese Pizza Salad Cucumbers sidekick	29 Turkey Sub Fruit cup Salad Cucumbers	30 
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