

*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 use 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.

OEN & OES - LUNCH MENU - SEPTEMBER 2020

Milk is served with every lunch.

Menu subject to change.

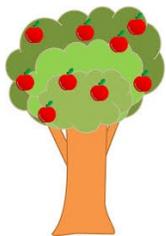
Lunch \$3.50

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
	31 R Italian Sub Chicken Salad	1 Boneless Ckn. Wings Salad Tomatoes Potato Wedges Orange	2 Nachos Black Beans Lettuce Tomatoes Applesauce	3 Cheeseburger Fresh Carrots Tater Tots Apple	4 Cheese Pizza Sidekick Cucumber Salad	5
	6 L Turkey Sub Chef Salad	7 	8 French Toast Sausage Potato Cubes Cucumbers Salad with tomatoes Pineapple	9 Chicken Tenders White Beans Potato Wedge Orange	10 Chicken Alfredo Fresh Carrots Salad / Cucumbers Tomatoes Peaches	11 Cheese Pizza Sidekick Cucumber Salad
	13 G Ham Sub Turkey Salad	14 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	15 Cheeseburger Spiral Potato Salad Orange	16 Stromboli Meat Lover Salad Cucumbers Tomatoes Marinara Sauce Hot Apple	17 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Orange	18 Cheese Pizza Sidekick Cucumber Salad
	20 J Italian Sub Chicken Salad	21 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	22 Philly Cheese Steak Sub Potato Cubes Cucumbers Orange	23 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	24 Chicken Alfredo Salad Tomatoes Apple	25 Cheese Pizza Sidekick Fresh Carrots Salad
	27 T Turkey Sub Chef Salad	28 	29 Turkey Ham & Cheese Sandwich Salad Potato Cubes Applesauce	30 Beef & Cheese Burrito Black Beans Lettuce Tomatoes Mandarin Orange	1 Boneless Chicken Wings Fresh Carrots Tater Tots Peaches	2 Cheese Pizza Sidekick Cucumber Fresh Carrots Salad
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*Available online to make payments or check account balances: myschoolbucks.com

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