

Healthy tip of the month

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association



# ONE & OES - LUNCH MENU – OCTOBER 2022

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
2	3	4	5	6	7	8
B Ham Sub Chef Salad						
9	10	11	12	13	14	15
F Turkey Sub Chicken Salad				Teachers & Staff Back to Work	Professional Duty Day	
16	17	18	19	20	21	22
M Italian sub Turkey Salad	Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	Boneless Wings Tater Tots Green Beans Mandarin Orange	Penne Pasta W/ Meat Sauce Hot Carrots Salad Peaches	Cheeseburger Lettuce Tomatoes Spiral Potatoes Apple	Cheese Pizza Cucumber Salad Sidekick	
23	24	25	26	27	28	29
K Turkey Sub Chef Salad	Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange	French Toast Sausage Potato Cubes Cucumbers Apple Juice	Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Cucumber Salad Sidekick	
30	31	1	2	3	4	5
R Ham Sub Chicken Salad	Cheeseburger Broccoli Tater Tots Apple	Tacos Black Beans Lettuce Tomatoes Applesauce	Hot Dog Potato Cubes Fresh Carrots Salad Orange	Penne Pasta W/ Meat Sauce Salad Fresh Carrots Applesauce	Cheese Pizza Cucumber Salad Sidekick	

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)  
**This institution is an equal opportunity provider.**