


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

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	2 B Ham Sub Chef Salad	3	4	5	6	7
Breads/Buns are whole grain rich.						8
Lunch \$3.50	9 F Turkey Sub Chicken Salad	10	11	12	13	14
Salad Combo & Sub Combo \$3.50					Teachers & Staff Back to Work	Professional Duty Day
Subs and Salads will not be made for Pizza days.	16 M Italian sub Turkey Salad	17 Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	18 Boneless Wings Tater Tots Green Beans Mandarin Orange	19 Penne Pasta W/ Meat Sauce Hot Carrots Salad Peaches	20 Cheeseburger Lettuce Tomatoes Spiral Potatoes Apple	21 Cheese Pizza Cucumber Salad Sidekick
Menu Subject to Change	23 K Turkey Sub Chef Salad	24 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange	25 French Toast Sausage Potato Cubes Cucumbers Apple Juice	26 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	27 Chicken Alfredo Broccoli Salad Apple	28 Cheese Pizza Cucumber Salad Sidekick
	30 R Ham Sub Chicken Salad	31 Cheeseburger Broccoli Tater Tots Apple	1 Tacos Black Beans Lettuce Tomatoes Applesauce	2 Hot Dog Potato Cubes Fresh Carrots Salad Orange	3 Penne Pasta W/ Meat Sauce Salad Fresh Carrots Applesauce	4 Cheese Pizza Cucumber Salad Sidekick
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