

Healthy tip of the month

Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

OEN & OES - LUNCH MENU - JANUARY 2023

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	1	2	-	-	6	7
Breads/Buns are whole grain rich.						
Lunch \$3.50	8	9	10	11	12	14
Salad Combo & Sub Combo \$3.50	A Ham Sub Chicken Salad	Professional Duty Day	Boneless Chicken Wings Mashed Potatoes White beans Pineapple	Meatball Sub Hot Carrots Tater Tots Orange	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Cucumber Salad Sidekick
Subs and Salads will not be made for Pizza days.	15	16	17	18	19	21
Menu Subject to Change	F Turkey Sub Chef Salad		Hot Dog Potatoes Cubes Green Beans Hot Apples	Breaded Chicken Sandwich Hot Carrots Spiral Potatoes Mandarin Orange	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Cucumber Salad Sidekick
	22	23	24	25	26	28
	M Italian Sub Turkey Salad	Boneless Chicken Wings Tater Tots Green Beans Mandarin Orange	Cheeseburger Spiral Potatoes Lettuce Tomatoes Apple	Turkey Sub Applesauce Cup Salad Tomatoes Cucumbers	Penne Pasta with Meat Sauce Hot Carrots Salad Peaches	Cheese Pizza Cucumber Salad Sidekick
	29	30	31	1	2	4
	P Ham Sub Chicken Salad	Stromboli Meat Lover Fresh Carrots Salad Cucumbers Hot Apple	Chicken Tenders Spiral Potatoes White Beans Peaches	Vegetarian Fried Rice / Egg Roll Chicken Broccoli Cucumber Applesauce	Chicken Parmesan Pasta Hot Carrots Salad Apple	Cheese Pizza Cucumber Salad Sidekick

*Available online to make payments or check account balances: myschoolbucks.com

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