

## Healthy tip of the month

**Eating for Good Health** focus on increasing vegetables, fruits and whole grains, and decreasing saturated fats, added sugars and processed foods. **Timing is Key** Timing of meals throughout the day is also key when using and storing energy. **Avoid Trans Fats** Follow your heart and eat foods low in saturated fats to help avoid heart disease. **Remember the three R's** **REFLECT** on your eating habits by keeping a food journal, **REPLACE** unhealthy eating habits with healthier ones **REINFORCE** your healthier eating habits by planning ahead

# ONE & OES - LUNCH MENU - MARCH 2022

Milk is served  
with every lunch.

**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
A Italia Sub Chicken Salad		1 French Toast Sausage Potato Cubes Cucumbers Apple Juice	2 Meatball Sub Hot carrots Tater Tots Pineapple	3 Chicken Alfredo Broccoli Salad Apple	4 Cheese Pizza Cucumber Salad Sidekick	5
6 N Turkey Sub Chef Salad	7 Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	8 Hamburger Green Beans Lettuce Tomatoes Potato Wedges Orange	9 Breaded Chicken Sandwich Hot Carrots Tater Tots Mandarin Oranges	10 Chicken Alfredo Broccoli Salad Apple	11 Cheese Pizza Cucumber Salad Sidekick	12
13 R Ham Sub Turkey Salad	14 Tacos Black Beans Lettuce Tomatoes Applesauce	15 Pasta W/ Meat Sauce Salad Applesauce	16 Cheeseburger Broccoli Tater Tots Apple	17 Cheese Pizza Cucumber Salad Sidekick	18 <b>Professional Duty Day</b>	19
20						26
27 B Italian Sub Chicken Salad	28 Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	29 Tacos Black Beans Lettuce Tomatoes Orange	30 Cheeseburger Potato Wedges Corn Fresh Carrots Mandarin Oranges	31 Penne Pasta With Meat Sauce Cucumbers Salad Apple	1 Cheese Pizza Cucumber Salad Sidekick	2

Menu Subject to Change

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