

Healthy tip of the month

Take steps to keep you and your loved ones safe, healthy, and ready to enjoy the holidays. * **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly. * **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day. * **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents

OEN & OES - LUNCH MENU - DECEMBER 2024

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
1 G/J Italian Sub Chef Salad	2 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	3 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	4 Tacos Black Beans Lettuce Tomatoes Applesauce	5 Chicken Alfredo Broccoli Salad Apple	6 Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick	7
8 M Turkey Sub Chicken Salad	9 Cheeseburger Lettuce Tomatoes Spiral Potato Apple	10 Boneless Chicken Wings Green Beans Tater Tots Mandarin Oranges	11 Breaded Chicken Sandwich Potato Cubes White Beans Pineapple	12 Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	13 Cheese Pizza Cucumber Salad Sidekick	14
15 L Ham Sub Turkey Salad	16 Chicken Tenders Potato Wedges White Beans Salad Orange	17 Chicken alfredo Broccoli Fresh carrots Salad Peaches	18 Cheeseburger Cucumbers Salad Tater Tots Pineapple	19 French Toast (3) Sausage (2) Potato Cubes Cucumbers Fresh Carrots Apple Juice	20 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	21



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