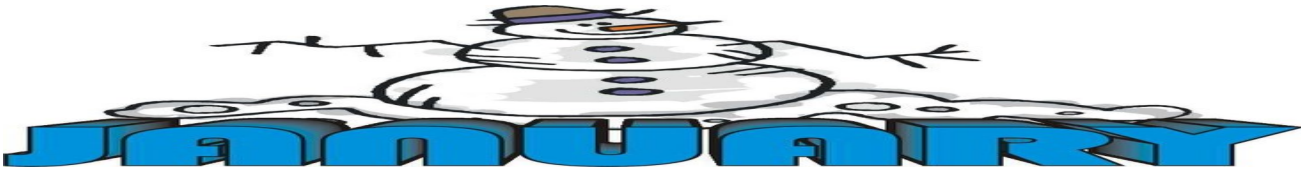



Healthy tip of the month

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 2025

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.						4	
							
Breads/Buns are whole grain rich.							
Lunch \$3.50	5 T Ham Sub Chicken Salad	6 Corn Dog Green Beans Potato Cubes Sliced Apple	7 Boneless Wings Mashed Potato Broccoli Fresh Carrots Peaches	8 Taco Black Beans Lettuce Tomatoes Mandarin Oranges	9 Chicken alfredo Broccoli Salad Applesauce	10 Cheese Pizza Fresh Carrots Salad Sidekick	11
Salad Combo & Sub Combo \$3.50							
Subs and Salads will not be made for Pizza days.	12 F Turkey Sub Chef Salad	13 Breaded Chicken Sandwich Spiral Potato Hot Carrots Mandarin Orange	14 Nachos Black Beans Lettuce / Tomatoes Salsa Orange	15 Hot Dog Potatoes Cubes Green Beans Hot Apples	16 Chicken Alfredo Broccoli Salad Apple	17 Cheese Pizza Cucumber Salad Sidekick	18
Menu Subject to Change							
	19 P Italian Sub Turkey Salad	20 	21 Chicken Tenders Spiral Potato White Beans Peaches	22 Stromboli Meat Lover Salad Cucumbers Fresh carrots Hot Apples	23 Chicken Parm W Pasta Hot Carrots Salad Apple	24 Cheese Pizza Cucumbers Salad Sidekick	25
	26 M Ham Sub Chicken Salad	27 Cheeseburger Lettuce Tomatoes Spiral Potato Apple	28 Boneless Chicken Wings Green Beans Tater Tots Mandarin Orange	29 Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	30 Breaded Chicken Sandwich Potato Cubes White Beans Pineapple	31 Cheese Pizza Cucumbers Salad Sidekick	1

