

Healthy tip of the month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news is people who are at risk for type 2 diabetes, can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

OEN & OES - LUNCH MENU - NOVEMBER 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 Cheese Pizza Cucumber Salad Sidekick	2
R Ham Sub Chicken Salad						
3	4 Chicken Tenders Spiral Potato White Beans Peaches	5 Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Applesauce Egg Roll	6 Stromboli Meat Lover Salad Cucumbers Fresh carrots Hot Apples	7 Chicken Parm W Pasta Hot Carrots Salad Apple	8 Cheese Pizza Cucumbers Salad Sidekick	9
P Italian Sub Turkey Salad						
10	11 Hot Dog Mac & Cheese Hot Carrot Cucumbers Pineapple	12 BBQ Grilled Chicken Sandwich Potato Cubes Cucumber Green Beans Orange	13 Meatball Sub Green Beans Tater Tots Pineapple	14 Chicken Alfredo Broccoli Salad Peaches	15 Cheese Pizza Fresh Carrots Salad Sidekick	16
O Turkey Sub Chef Salad						
17	18 Nachos Black Beans Lettuce Tomatoes Orange	19 Cheeseburger Lettuce Tomatoes Tater Tots Orange	20 Chicken Alfredo Broccoli Fresh Carrots Peaches	21 Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn / Apple	22 Cheese Pizza Fresh Carrots Cucumbers Sidekick	23
H/U Ham Sub Chicken Salad						
24						30