

Healthy tip of the month

Summer is here! For many families, the stress of waking up early for the school rush is over. Days are longer, vacation is in full swing. Here are 4 helpful things to keep in mind and keep your child healthy throughout the summer holidays. **1. Always wear sunscreen** even when the sun rays don't seem raging hot, make sure that your child's exposed skin is properly protected. **2. Make sure they get enough sleep** with the exciting and very long summer days the tendency is for your kids to want to stay up much later than usual it's easy to veer off from the usual sleep routine. **3. Keep bug spray handy** mosquitoes, ticks, fleas, and flies... they all come with the summer, but you can do your part to keep your child free from bug bites by having bug spray or repellent on hand. **4. Stay safe around large bodies of water** remember that drowning is sometimes called the "silent-killer" because you may not hear your child until it's too late. Kids who can't swim should be well equipped with floatation devices and never out of sight of a grown-up.

ONE & OES - LUNCH MENU - JUNE 2022

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.						
Lunch \$3.50			1 Turkey Sub Applesauce Cup Salad Tomatoes Cucumbers	2 Italian Sub Applesauce Cup Salad Tomatoes Cucumbers	3 Professional Duty Day	4
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.



Menu Subject to Change