

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.



ONE & OES - LUNCH MENU - NOVEMBER 2023

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.			1	2	3	4
J Turkey Sub Chicken Salad			Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple	Tacos Black Beans Lettuce Tomatoes Applesauce	Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick	
Breads/Buns are whole grain rich.						
Lunch \$3.50	5	6	7	8	9	10
Salad Combo & Sub Combo \$3.50	A Ham Sub Turkey Salad	Boneless Chicken Wings Mashed Potatoes White Beans Orange	French Toast Sausage Potato Cubes Cucumbers Apple Juice	Meatball Sub Hot Carrots Tater Tots Pineapple	Chicken Alfredo Broccoli Salad Apple	11 Cheese Pizza Cucumber Salad Sidekick
Subs and Salads will not be made for Pizza days.	12	13	14	15	16	17
	T/G/U Italian Sub Chef Salad	Corn Dog Green Beans Fresh Carrots Potato Cubes Apple	Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	Chicken Tenders Mac & Cheese Corn Cucumbers Apple	Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn / Apple	18 Cheese Pizza Fresh Carrots Salad Sidekick
Menu Subject to Change	19					25
	26	27	28	29	30	1
	P/L/R Turkey Sub Chicken Salad	Vegetarian Fried Rice Egg Roll Chicken Chunks Broccoli Applesauce	Chicken Tenders Potato Wedges White Beans Salad Orange	Tacos Black Beans Lettuce Tomatoes Applesauce	Pasta w/ Meat Sauce Fresh Carrots Salad Applesauce	2 Cheese Pizza Cucumbers Salad Sidekick



*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.