

Healthy tip of the month

Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet

# OEN & OES - LUNCH MENU - FEBRUARY 2024

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.							
J/B Ham Sub Chicken Salad					1 Penne Pasta w Meat Sauce Cucumbers Salad Apple	2 Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick	3
Breads/Buns are whole grain rich.							
<b>Lunch \$3.50</b>	4 O Turkey Sub Chef Salad	5 Chicken Parm Sandwich Potato Cubes Cucumber Green Beans Orange	6 Meatball sub Green Beans Tater Tots Pineapple	7 Chicken Alfredo Broccoli Salad Peaches	8 Hot Dog Mac & cheese Hot Carrots Cucumber Pineapple	9 Cheese Pizza Fresh Carrots Salad Sidekick	10
<b>Salad Combo &amp; Sub Combo \$3.50</b>							
<b>Subs and Salads will not be made for Pizza days.</b>	11 B Ham Sub Turkey Salad	12 Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	13 Taco Black Beans Lettuce Tomatoes Orange	14 Cheeseburger Fresh Carrots Potato Wedge Corn Mandarin Orange	15 Penne Pasta w Meat Sauce Cucumbers Salad Apple	16 Hurricane Make Up Day	17
Menu Subject to Change	18 K Italian Sub Chef Salad	19 	20 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange	21 Nachos Black Beans Lettuce Tomatoes Orange	22 Chicken Alfredo Broccoli Salad Apple	23 Cheese Pizza Cucumber Salad Sidekick	24
	25 L Turkey Sub Chicken Salad	26 Chicken Tenders Potato wedges White Beans Salad Orange	27 Chicken Alfredo Broccoli Fresh Carrots Salad Peaches	28 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	29 Cheeseburger Tater Tots Cucumber Salad Pineapple	1 Cheese Pizza Cucumber Salad Sidekick	2

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