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

ONE & OES - LUNCH MENU – JANUARY 2024

Milk is served with every lunch.

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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
						6
7 A Ham Sub Chef Salad	8 **Professional Duty Day**	9 Boneless Ckn. Wings Mashed Potato White beans Orange	10 Meatball Sub Hot Carrots Tater Tots Pineapple	11 Chicken Alfredo Broccoli Salad Apple	12 Cheese Pizza Cucumbers Salad Sidekick	13
14 G Turkey Sub Chicken Salad	15 	16 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	17 Cheeseburger Spiral Potato Salad Orange	18 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	19 Cheese Pizza Cucumbers Salad Sidekick	20
21 R/P/T Italian Sub Turkey Salad	22 Hot Dog Potato Cubes Fresh Carrots Salad Orange	23 Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Applesauce Egg Roll	24 Boneless Chicken Wings Mashed Potato Broccoli Peaches	25 Chicken Parm W Pasta Hot Carrots Salad Apple	26 Cheese Pizza Cucumbers Salad Sidekick	27
28 J/B Ham Sub Chicken Salad	29 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple	30 Tacos Black Beans Lettuce Tomatoes Applesauce	31 Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	1 Penne Pasta w Meat Sauce Cucumbers Salad Apple	2 Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick	3

*Available online to make payments or check account balances: **myschoolbucks.com**

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