

Healthy tip of the month

Eating for Good Health focus on increasing vegetables, fruits and whole grains, and decreasing saturated fats, added sugars and processed foods. **Timing is Key** Timing of meals throughout the day is also key when using and storing energy. **Avoid Trans Fats** Follow your heart and eat foods low in saturated fats to help avoid heart disease. **Remember the three R's REFLECT** on your eating habits by keeping a food journal, **REPLACE** unhealthy eating habits with healthier ones **REINFORCE** your healthier eating habits by planning ahead

OEN & OES - LUNCH MENU - MARCH 2026

Milk is served with every lunch.

Breads/Buns are whole grain rich.

Lunch \$2.50

Salad Combo & Sub Combo \$2.50

Subs and Salads will not be made for Pizza days.

Menu Subject to Change



Mon	Tue	Wed	Thu	Fri	Sat
1 G Ham Sub Chicken Salad	2 Meatlover Stromboli Hot Carrots Romaine Salad Cucumbers Banana Marinara	3 Chicken Tenders WG Roll Mashed Potatoes Apples Cucumbers Fresh Carrots	4 Cheeseburger Organic Veggie Medley French Fries Romaine Salad Oranges	5 Chicken Alfredo WG Roll Broccoli Romaine Salad Apple	6 Cheese Pizza Cucumbers Romaine Salad Sidekick Fresh Carrots
8 T Turkey Sub Chef Salad	9 Boneless Wings WG Roll Mashed Potato Broccoli Oranges	10 Taco (Beef) Organic Black Beans Lettuce Tomatoes Banana	11 Corn Dog Green Beans Fresh Carrots Potato Cubes Fresh Melons	12 Cheese Pizza Sidekicks Romaine salad Fresh Carrots	13 No School
15					21
22 L/K Italian Sub Chicken Salad	23 French Toast (3) Sausage Links(2) Potato Cubes Hot Carrots Apples Apple Juice	24 Chicken Tenders Green Beans Mashed Potatoes Romaine Salad Orange Slices	25 Cheeseburger Veggie Mix Spiral Potatoes Let/tom Apples/Cucumbers	26 Chicken alfredo Broccoli Fresh carrots Romaine Salad Banana	27 Cheese Pizza Cucumbers Romaine Salad Sidekick
29 V Ham Sub Chef Salad	30 BBQ Pulled Chicken WG Roll Potatoe Cubes Organic Veggie Mix Oranges/ cucumbers	31 Meatball Sub Green Beans Tater Tots Fresh Carrots Orange Slices	1 Boneless Chicken Sweet Potato Fries Romaine Salad Cucumbers/carrots Banana	2 Penne Pasta W/ Meat Sauce Hot Carrots Salad/ Cucumber Apples/WG Roll	3 Cheese Pizza Cucumber Romaine Salad Sidekick Carrots
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