

Healthy tip of the month

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association

OEN & OES - LUNCH MENU – SEPTEMBER 2025

Milk is served with every lunch.

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
	1 LABOR DAY G Italian Sub Chicken Salad	2 Stromboli Organic Marinara Romaine Salad Banana Hot Carrots Cucumbers	3 Cheeseburger French Fries Romaine Salad Orange Slices	4 Chicken Tenders Mash Potatoes WG Roll Apple Cucumbers	5 Cheese Pizza Sidekick Romaine Salad Cucumbers/Fresh Carrots	6
	7 H Turkey Sub Ham Salad	8 Boneless Chicken Curly Fries Fresh Green Beans Orange Slices WG Roll	9 Cheese Omelette Sausage Patty Hash Brown Cucumbers Apple Juice WG Roll	10 Nachos & White Doitos Organic Black Beans Nacho Cheese/Salsa Lettuce/Tomatoes Fresh Orange Slices	11 Chicken Alfredo Broccoli Romaine Salad Fresh Apples Fresh Carrots	12 Cheese Pizza Sidekick Cheese Stick Romaine Salad Fresh Carrots
	14 L Ham Sub Turkey Salad	15 Chicken Tenders Mash Potatoes Fresh Green Beans Romaine Salad Fresh Orange Slice	16 Cheeseburger Spiral Potatoes Fresh Veggies Mix Let/Tom Fresh Apple	17 Chicken Alfredo Broccoli Romaine Salad Banana WG Roll	18 WG French Toast Sausage Potato Cubes Cucumbers Orange Slices Fresh Carrots	19 Cheese Pizza Cucumber Romaine Salad Sidekick
	21 R Turkey Sub Chef Salad	22 Boneless Chicken Wings Sweet Potato Cubes Romaine Salad Fresh Carrots WG Roll	23 ROSH HASHANAH	24 Cheeseburger French Fries Corn on the cob Cucumbers Orange slices	25 Pasta w/Meatsauce Broccoli Romaine Salad Apples Fresh Carrots	26 Cheese Pizza Cucumbers Romaine Salad Sidekick Fresh Carrots
	28 T Turkey Sub Chef Salad	29 Chicken Breast Brown Rice Plantains Romaine Salad Apple WG Roll	30 Taco Organic Black Beans Lettuce Tomatoes Grapes	1 Chicken Alfredo Broccoli Romaine Salad Apples	2 Boneless Chicken Green Beans Potato Cubes Banana Fresh Carrots WG Roll	3 Cheese Pizza Fresh Carrots Salad Cucumbers Sidekicks

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