

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

OEN & OES - LUNCH MENU - JANUARY 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

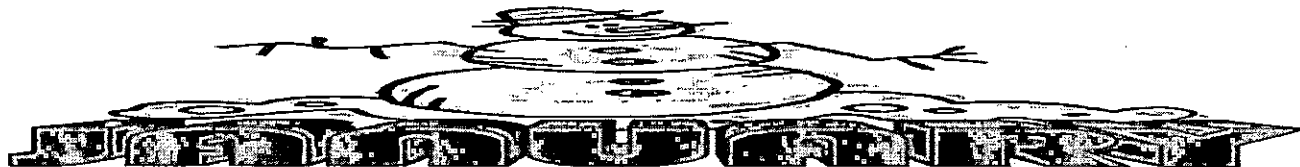
Wed

Thu

Fri

Sat

3



4	5	6	7	8	9	10
G Ham Sub Crispy Chicken Salad	No School	Stromboli Meat lovers Hot Carrots Romaine Salad Cucumbers Banana	Cheeseburger Broccoli French Fries Romaine Salad Orange Slices	Chicken Tenders Mashed Potato WG Roll Mixed Veggie Cucumbers Apple	Cheese Pizza Fresh Carrots Romaine Salad Cucumbers Carrot Sticks Sidekick	
11	12	13	14	15	16	17
F Turkey Sub Chef Salad	Breaded Chicken Sandwich Spiral Potato Hot Carrots Apples	Nachos Organic Black Beans Lettuce / Tomatoes Salsa Orange Slices	All Beef Hot Dog Potatoes Cubes Green Beans Banana Carrot sticks	Chicken Alfredo Broccoli Romaine Salad Apple	Cheese Pizza Cucumber Romaine Salad Sidekick	
18	19	20	21	22	23	24
R Italian Sub Turkey Salad	<i>I have a dream</i>	Boneless Chicken Sweet Potato Fries WG Roll Banana Romaine Salad Fresh Carrot Sticks	Tacos Organic Black Beans Orange slices Lettuce/tomatoes	Pasta with meatsauce Hot Carrots Romaine salad Cucumbers Apples	Cheese Pizza Cucumbers Romaine Salad Sidekick	
25	26	27	28	29	30	31
U/O Ham Sub Chicken Salad	Cheeseburger Broccoli lettuce/Tomato Potato Wedge Banana	BBQ Pulled Chicken WG Roll Mixed Veggies Potato Cubes Cucumbers Orange Slices	Meatball Parm Sub Green Beans Tater Tots Orange Slices Carrot sticks	Chicken Alfredo WG Roll Broccoli Romaine Salad Apple	Cheese Pizza Cucumbers Romaine Salad Sidekick	

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Additional
Purchase
Milk .75

ONE
7:45am-8:15am

OES
8:00am-8:30am

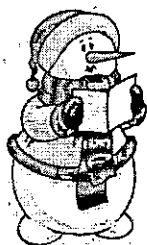
Middle School
7:10am-7:35am




High School
6:30am-7:00am

**Start your day with
a healthy breakfast.**

Breakfast
\$1.25

**Menu Subject to
change**



Mon	Tue	Wed	Thu	Fri	Sat
		1			3
					
5 No School	6 Cinni Mini Cheese Stick Pineapple Orange Juice	7 Scrambled Eggs Hash Brown Sausage Oranges Apple Juice	8 Ham, Egg, Cheese Sandwich Apples Juice	9 Banana Bread WG Yogurt Oranges Apple Juice	10
12 Pancake Wrap Fresh Melons Apple Juice	13 Omelette Hash Brown Yogurt Banana Orange Juice	14 Waffles Sausage Apples Rasberry Blue Juice	15 Egg,Bacon, Cheese Bagel Yogurt Banana Orange Juice	16 Cereal Cheese Stick Orange slices Apple Juice	17
19 	20 WG Muffin Cheese Stick Orange slices Orange Juice	21 Pancake Sausage Banana Apple Juice Syrup	22 Bagel Yogurt Orange Apple Juice Cream Cheese	23 Pancake Wrap Grapes Apple Juice Syrup	24
26 Cereal Yogurt Orange Slices Apple Juice	27 Omelette Hash Brown Apples Orange Juice	28 Cinn. Raisin Bagel Mixed melons Apple Juice Cream Cheese	29 Sausage Biscuit Orange slices Apple/orange juice	30 Chocolate Muffin Yogurt Banana Apple/Orange juice	31

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