

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 2026

Milk is served with every lunch.

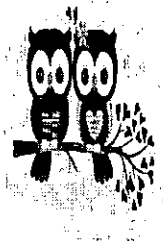
Breads/Buns are whole grain rich.

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 O/L Turkey Sub Chef Salad	2 Meat Lover Stromboli Hot Carrots Romaine Salad Cucumbers Apples	3 Boneless Chicken Wings/ WG Roll Mashed Potato Organic Veggie Mix Fresh Carrots Clementine Oranges	4 Meatball Sub Green Beans Tater Tots Orange Slices Fresh Carrots	5 Chicken Alfredo Broccoli Romaine Salad Apples	6 Cheese Pizza Sidekicks Romaine Salad Fresh Carrots	7
8 K/P Italian Sub Chicken Salad	9 Chicken Tenders Mashed Potatoes Corn Fresh Carrots Pineapple WG Roll	10 Nachos Organic Tostito chips Black Beans Lettuce / Tomatoes Salsa & Cheese Orange Slices	11 Turkey sub Lettuce Tomato Cucumber Chickpeas Apple	12 Penne with Meatballs Hot Carrots Romaine Salad Banana WG Roll	13 Cheese Pizza Cucumbers Romaine Salad Sidekick	14
15 V Ham Sub Turkey Salad	16 	17 Cheeseburger Organic Veggie Mix French Fries Romaine Salas Cucumbers Orange Slices	18 BBQ Pulled Chicken Veggie Fried Rice Tortilla Shell (WG) Shredded Cheese Fresh Carrots/Cucumber Orange Slices	19 Pasta w/ Meat sauce WG Roll Hot Carrots Romaine salad Cucumbers Apples	20 Cheese Pizza Sidekicks Cheese Stick Romaine Salad Fresh Carrots	21
22 W Turkey Sub Chicken Salad	23 Breaded Chicken Sandwich French Fries Hot Carrots Cucumber Apples	24 Meatloaf WG Roll Mashed Potato Corn Banana Romaine Salad	25 Boneless Chicken Wings Spiral Potato Green Beans Fresh Carrots Orange Slices WG Roll	26 Chicken Alfredo WG Roll Broccoli Romaine Salad Apples	27 Cheese Pizza Cucumber Romaine Salad Sidekick	30

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