

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.

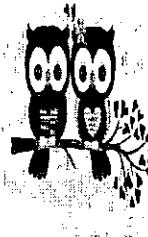
Breads/Buns are  
whole grain rich.

Lunch \$2.50

Salad Combo &  
Sub Combo \$2.50

Subs and Salads will  
not be made for Pizza  
days.

Menu Subject to  
Change



Mon

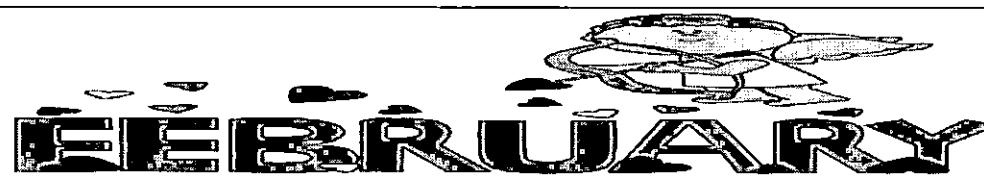
Tue

Wed

Thu

Fri

Sat



	1	O/L	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	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	16	Ham Sub Turkey Salad	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	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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