




OHES 2014

Lunch = \$3.75

Entrée (Includes Whole Grain)
+ Fruit and Vegetables + Milk
or Cup for Water

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2 Crispy Tacos w/Turkey Taco Meat Lettuce, tomatoes, cheese Fruit	2 Grilled Cheese Veggie Sticks Fruit	3
4	5 Cheese Pizza Garden Salad Fruit	6 Roasted Chicken Garlic Bread Garden Salad Fruit	7 Fiesta Nacho Bowl ** Beyond Meat Chicken Tomatoes, avocado, cheese, beans, chips Fruit	8 Chicken Tenders Garden Salad Fruit	9 +++ PB & J Sandwich Veggie Sticks Fruit	10
11	12 Cheese Pizza Garden Salad Fruit	13 Chicken & Rice Pick Up Stix Veggie Sticks Fruit	14 Rainbow Stir –Fry w/Teriyaki Sauce Rice Fruit	15 2 Crispy Tacos w/Turkey Taco Meat Lettuce, tomatoes, cheese Fruit	16 Grilled Cheese Veggie Sticks Fruit	17 Menu subject to change without prior notice
18	19 Cheese Pizza Garden Salad Fruit	20 Roasted Chicken Garlic Bread Garden Salad Fruit	21 Fiesta Nacho Bowl ** Beyond Meat Chicken Tomatoes, avocado, cheese, beans, chips Fruit	22 Chicken Tenders Garden Salad Fruit	23 +++ PB & J Sandwich Veggie Sticks Fruit	24
25 ** Soy & Pea Protein +++ Wow Butter-Soy Product – peanut free	26 HOLIDAY	27 Chicken & Rice Pick Up Stix Veggie Sticks Fruit	28 Rainbow Stir –Fry w/Teriyaki Sauce Rice Fruit	29 2 Crispy Tacos w/Turkey Taco Meat Lettuce, tomatoes, cheese Fruit	30 Grilled Cheese Veggie Sticks Fruit	31 