

\*Healthy tip of the month:

Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options they can have - encouraging your family to chose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods

## OEN & OES - LUNCH MENU – MAY 2021

		Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	2	3	4	5	6	7	8
Menu subject to change.	O Ham Sub Chicken Salad	Hot Dog Mac & Cheese Cucumber Hot Carrots Pineapple	Meatball Sub Green Beans Tater Tots Pineapple	Taco Black Beans Lettuce Tomatoes Applesauce	Chicken Alfredo Broccoli Salad Peaches	Cheese Pizza Salad Fresh Carrots Sidekick	
<b>Lunch \$3.50</b>							
Breads/Buns are whole grain rich.	9	10	11	12	13	14	15
	P Turkey Sub Chef Salad	Chicken Tenders White Beans Spiral Potato Peaches	Stromboli Meat Lover Fresh Carrots Cucumbers Salad Hot Apples	Vegetarian Fried Rice Chicken Egg Roll Broccoli Cucumbers Applesauce	Pasta with meat sauce Hot Carrots Salad Apple	Cheese Pizza Sidekick Cucumbers Salad	
<b>OEN &amp; OES offers</b>							
<b>Salad Combo &amp; Sub Combo \$3.50</b>	16	17	18	19	20	21	22
	K Italian Sub Turkey Salad	Ham & Cheese Pocket Potato Cubes Cucumbers / Salad Apple	Nachos Black Beans Lettuce Tomatoes Orange	Boneless Chicken Wings White beans Potato wedges Fresh Carrots Mandarin oranges	Chicken Alfredo Salad Broccoli Apple	Cheese Pizza Sidekick Cucumbers Salad	
Subs and Salads will not be made for Pizza days.	23	24	25	26	27	28	29
	G Ham Sub Chicken Salad	Stromboli Meat Lover Salad Cucumbers Hot carrots Marinara Sauce Hot Apple	BBQ Pulled Pork Sandwich Tater Tots Baked Beans Mandarin Orange	Cheeseburger Spiral Potato Salad Orange	Chicken Tenders Mac & Cheese Cucumbers Corn Apple	Cheese Pizza Cucumber Salad Sidekick	
	30	31					
							



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Menus are subject to change due to availability