

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 choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.



OEN & OES - LUNCH MENU - MAY 2023

Milk is served with every lunch.

Breads/Buns are whole grain rich.


Lunch \$3.50

Salad Combo & Sub Combo \$3.50

Subs and Salads will not be made for Pizza days.

Menu Subject to Change



	Mon	Tue	Wed	Thu	Fri	Sat
	1 Hot Dog Mac & cheese Hot Carrots Cucumber Pineapple	2 BBQ Grilled Chicken Sandwich Potato Cubes Cucumber Green Beans Orange	3 Meatball Sub Green Beans Tater Tots Pineapple	4 Chicken Alfredo Broccoli Salad Peaches	5 Cheese Pizza Fresh Carrots Salad Sidekick	6
	7 R / G Ham Sub Chicken Salad	8 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples (G)	9 Tacos Black Beans Lettuce / Tomatoes Applesauce	10 Chicken Tenders Mac & Cheese Corn Cucumbers Apple (G)	11 Pasta w/ Meat Sauce Fresh Carrots Salad Applesauce	12 Cheese Pizza Cucumbers Salad Sidekick
	14 M Italian Sub Turkey Salad	15 Boneless Wings Tater Tots Green Beans Mandarin Orange	16 Cheeseburger Lettuce Tomatoes Spiral Potatoes Apple	17 Chicken Sandwich White beans Potato Cubes Pineapple	18 Penne Pasta W/ Meat Sauce Hot Carrots Salad Peaches	19 Cheese Pizza Cucumber Salad Sidekick
	21 H / A Turkey Sub Chicken Salad	22 Nachos Black Beans Lettuce Tomatoes Salsa Orange	23 Omelette Hashbrown Sausage Cucumbers Apple Juice Roll	24 Meatball Sub Hot Carrots Tater Tots Pineapple (A)	25 Chicken Alfredo Broccoli Fresh Carrots Peaches	26 Cheese Pizza Cucumbers Fresh Carrots Sidekick
	28 N Ham Sub Chef Salad	29 	30 Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	31 Chicken Alfredo Broccoli Salad Apple	1 Hamburger Green Beans Lettuce Tomatoes Potato Wedges Orange	2 Cheese Pizza Cucumber Salad Sidekick
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