





Healthy tip of the month

Eating Better. Tips to a healthy eating: Eat a variety of food, You need more than 40 different nutrients for good health and no single food can supply them all. **Enjoy plenty of fruits and vegetables,** Most of us do not eat enough of these foods either although they provide important protective nutrients. **Eat moderate portions - reduce, don't eliminate foods,** If you keep portion sizes reasonable, it's easier to eat all the foods you enjoy without having to eliminate any. **Eat regularly,** Skipping meals, especially breakfast, can lead to out-of-control hunger. **Get on the move,** As we have seen, too many calories and not enough activity can result in weight gain. Moderately physical activity helps burn off those extra calories.

ONE & OES - LUNCH MENU - APRIL 2022

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.						
Lunch \$3.50	B Italian Sub Chicken Salad					1 Cheese Pizza Cucumber Salad Sidekick
Breads/Buns are whole grain rich.	3 G Turkey Sub Chef Salad	4 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apple	5 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Oranges	6 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	7 Cheeseburger Spiral Potato Salad Orange	8 Cheese Pizza Cucumber Salad Sidekick
ONE & OES offers						9
Salad Combo & Sub Combo \$3.50	10 J Ham Sub Turkey Salad	11 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	12 Breaded Chicken Sandwich Broccoli / Fresh carrots Spiral Potato Apple	13 Chicken Alfredo Broccoli Salad Apple	14 Cheese Pizza Fresh Carrots Salad Sidekick	15 
Subs and Salads will not be made for Pizza days.	17 L Italian Sub Chicken Salad	18 	19 Chicken Tenders Potato wedges White Beans Salad Orange	20 Cheeseburger Tater Tots Cucumber Salad Pineapple	21 Chicken Alfredo Broccoli Fresh Carrots Salad Peaches	22 Cheese Pizza Cucumber Salad Sidekick
	24 K Turkey Sub Chef Salad	25 French Toast Sausage Potato Cubes Cucumbers Apple Juice	26 Nachos Black Beans Lettuce Tomatoes Salsa Orange	27 Chicken Alfredo Broccoli Salad Apple	29 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange	30 Cheese Pizza Cucumber Salad Sidekick

Menu Subject to Change

*Available online to make payments or check account balances: myschoolbucks.com
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