




Eating for Good Health focus on increasing vegetables, fruits and whole grains, and decreasing saturated fats, added sugars and processed foods. **Timing is Key** Timing of meals throughout the day is also key when using and storing energy. **Avoid Trans Fats** Follow your heart and eat foods low in saturated fats to help avoid heart disease. **Remember the three R's REFLECT** on your eating habits by keeping a food journal, **REPLACE** unhealthy eating habits with healthier ones **REINFORCE** your healthier eating habits by planning ahead

OEN & OES - LUNCH MENU - MARCH 2024

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.					1 Cheese Pizza Cucumber Salad Sidekick	2
Breads/Buns are whole grain rich.						
Lunch \$3.50	3	4	5	6	7	8
Salad Combo & Sub Combo \$3.50	T Italian Sub Chef Salad	Corn Dog Green Beans Fresh Carrots Potato Cubes Apple	Taco Black Beans Lettuce Tomatoes Mandarin Oranges	Boneless Wings Mashed Potato Broccoli Peaches	Chicken alfredo Broccoli Salad Applesauce	Cheese Pizza Fresh Carrots Salad Sidekick
Subs and Salads will not be made for Pizza days.	10	11	12	13	14	15
	G Ham Sub Turkey Salad	Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	Chicken Tenders Mac & Cheese Corn Cucumbers Apple	Cheeseburger Spiral Potato Salad Orange	Cheese Pizza Cucumber Salad Sidekick	Professional Duty Day
Menu Subject to Change	17					23
	24/31	25	26	27	28	29
	M Turkey Sub Chicken Salad	Boneless Wings Tater Tots Green Beans Mandarin Orange	Cheeseburger Lettuce Tomatoes Spiral Potatoes Apple	Chicken Parm Sandwich White Beans Potato Cubes Pineapple	Penne Pasta W/ Meat Sauce Hot Carrots Salad Peaches	
						30