

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 2023

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	O	1 Hot Dog Mac & cheese	2 BBQ Grilled Chicken Sandwich	3 Meatball Sub Green Beans	4 Chicken Alfredo Broccoli Salad	5 Cheese Pizza Fresh Carrots Salad
Breads/Buns are whole grain rich.	Turkey Sub Chef Salad	Hot Carrots Cucumber Pineapple	Potato Cubes Cucumber Green Beans Orange	Tater Tots Pineapple	Peaches	Sidekick
<b>Lunch \$3.50</b>	7	8	9	10	11	12
<b>Salad Combo &amp; Sub Combo \$3.50</b>	R / G Ham Sub Chicken Salad	Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples (G)	Tacos Black Beans Lettuce / Tomatoes Applesauce	Chicken Tenders Mac & Cheese Corn Cucumbers Apple (G)	Pasta w/ Meat Sauce Fresh Carrots Salad Applesauce	Cheese Pizza Cucumbers Salad Sidekick
Subs and Salads will not be made for Pizza days.	14	15	16	17	18	19
<b>Menu Subject to Change</b>	M Italian Sub Turkey Salad	Boneless Wings Tater Tots Green Beans Mandarin Orange	Cheeseburger Lettuce Tomatoes Spiral Potatoes Apple	Chicken Sandwich White beans Potato Cubes Pineapple	Penne Pasta W/ Meat Sauce Hot Carrots Salad Peaches	Cheese Pizza Cucumber Salad Sidekick
	21	22	23	24	25	26
	H / A Turkey Sub Chicken Salad	Nachos Black Beans Lettuce Tomatoes Salsa Orange	Omelette Hashbrown Sausage Cucumbers Apple Juice Roll	Meatball Sub Hot Carrots Tater Tots Pineapple (A)	Chicken Alfredo Broccoli Fresh Carrots Peaches	Cheese Pizza Cucumbers Fresh Carrots Sidekick
	28	29	30	31	1	2
	N Ham Sub Chef Salad	 Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	Chicken Alfredo Broccoli Salad Apple	Hamburger Green Beans Lettuce Tomatoes Potato Wedges Orange	Cheese Pizza Cucumber Salad Sidekick
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