



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 2024

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
	P Ham Sub Turkey Salad		1 Corn Dog Spiral Potato Salad Fresh carrots Hot Apples	2 Chicken Parm W Pasta Hot Carrots Salad Apple	3 Cheese Pizza Cucumbers Salad Sidekick	4
	5 L Turkey Sub Chicken Salad	6 Cheeseburger Cucumbers Salad Tater Tots Pineapple	7 French Toast Sausage Link (2) Potato Cubes Cucumbers Fresh Carrots Apple Juice	8 Chicken alfredo Broccoli Fresh carrots Salad Peaches	9 Chicken Tenders Potato Wedges White Beans Salad Orange	10 Cheese Pizza Cucumbers Salad Sidekick
	11					
	12 M Italian Sub Chef Salad	13 Boneless Chicken Wings Green Beans Tater Tots Mandarin Oranges	14 Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	15 Breaded Chicken Sandwich Potato Cubes White Beans Pineapple	16 Cheeseburger Lettuce Tomatoes Spiral Potato Apple	17 Cheese Pizza Cucumber Salad Sidekick
	18					
	19 R/G/A Ham Sub Chicken Salad	20 Hot Dog Potato Cubes Fresh Carrots Salad Orange	21 Tacos Black Beans Lettuce Tomatoes Applesauce	22 Chicken Tenders Mac & Cheese Corn Cucumbers Apple	23 Meatball Sub Hot Carrots Tater Tots Pineapple	24 Cheese Pizza Cucumber Salad Sidekick
	25					
	26 Manager Choice	27 	28 Manager Choice	29 Manager Choice	30 Manager Choice	31 Manager Choice
						1
					Early Dismissal	Early Dismissal

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