

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 calorie.



OEN & OES - LUNCH MENU - APRIL 2024

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	1 O Italian Sub Turkey Salad	2 Chicken Tenders Mac & Cheese Hot Carrot Cucumbers Pineapple	3 Meatball Sub Green Beans Tater Tots Pineapple	4 Chicken Alfredo Broccoli Salad Peaches	5 Cheese Pizza Fresh Carrots Salad Sidekick	6
Breads/Buns are whole grain rich.						
Lunch \$3.50	7 B Ham Sub Chicken Salad	8 Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	9 Cheeseburger Fresh Carrots Potato Wedge Corn Mandarin Orange	10 Taco Black Beans Lettuce Tomatoes Orange	11 Penne Pasta w Meat Sauce Cucumbers Salad Apple	12 Cheese Pizza Cucumbers Salad Sidekick
Salad Combo & Sub Combo \$3.50						
Subs and Salads will not be made for Pizza days.	14 J / F Turkey Sub Chef Salad	15 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	16. Chicken Alfredo Broccoli Salad Apple	17 Hot Dog Potatoes Cubes Green Beans Hot Apples	18 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple	19 Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick
Menu Subject to Change	21 H Italian Sub Chicken Salad	22 Omelette Hashbrown Sausage Patty Cucumbers Apple Juice Roll	23 Nachos Black Beans Lettuce Tomatoes Orange	24 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	25 Chicken Alfredo Broccoli Fresh Carrots Peaches	26 Cheese Pizza Fresh Carrots Cucumbers Sidekick
	28 P Ham Sub Turkey Salad	29 Chicken Tenders Spiral Potato White Beans Peaches	30 Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Applesauce Egg Roll	1 Stromboli Meat Lover Salad Cucumbers Fresh carrots Hot Apples	2 Chicken Parm W Pasta Hot Carrots Salad Apple	3 Cheese Pizza Cucumbers Salad Sidekick
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