

## 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 2025

Milk is served with every lunch.

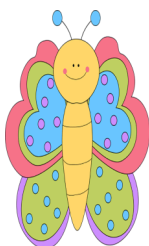
Breads/Buns are whole grain rich.

**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
	T Turkey Sub Chicken Salad				1 Chicken alfredo Broccoli Salad Applesauce	2 Cheese Pizza Fresh Carrots Salad Sidekick
	3					
	4 K/L Italian Sub Chef Salad	5 Nachos Black Beans Lettuce / Tomatoes Salsa Orange	6 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange	7 Cheeseburger Cucumbers Salad Tater Tots Pineapple	8 Chicken Alfredo Broccoli Salad Apple	9 Cheese Pizza Cucumber Salad Sidekick
	10					
	11 M/G Ham Sub Chicken Salad	12 Breaded Chicken Sandwich Potato Cubes White Beans Pineapple	13 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	14 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	15 Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	16 Cheese Pizza Cucumber Salad Sidekick
	17					
	18 F/R Turkey Sub Chef Salad	19 Hot dog Green Beans Potato Cubes Hot Apples	20 Cheeseburger Tater Tots Broccoli Apple	21 Chicken Alfredo Broccoli Salad Apple	22 Breaded Chicken Parm Sandwich Hot Carrots Spiral Potato Mandarin Orange	23 Cheese Pizza Cucumbers Salad Sidekick
	24					
	25 A Manager Choice	26 	27 Boneless Chicken Wings Mashed Potato White beans Orange	28 Manager Choice	29 Manager Choice  Early Dismissal	30 Manager Choice  Early Dismissal
	31					