

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 2026

Milk is served with every lunch.

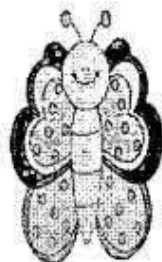
Breads/Buns are whole grain rich.

Lunch \$2.50

Salad Combo & Sub Combo \$2.50

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				30 Chicken Alfredo Veggie Mix Romaine Salad Apple WG Roll	1 Cheese Pizza Fresh Carrots Salad Sidekick	2	
K Italian Sub Chef Salad				4 Chicken Tenders Mashed Potato Baked Beans Fresh Carrots Banana WG Roll	5 Nachos Tostito Chips Black Beans Lettuce / Tomatoes Salsa Orange Slices	6 French Toast Sausage Potato Cubes Juice Cucumbers Fresh Carrots Apples	7 Chicken Alfredo Broccoli Romaine Salad Apple WG Roll
X/W Ham Sub Chicken Salad	10	11 Pulled Chicken WG Roll Mixed Veggies Potato Cubes Cucumber Orange Slices	12 Crispy Chicken Sandwich Hot Carrots French Fries Cucumbers Apples	13 Boneless Chicken Mac and Cheese Romaine Salad Banana Cucumbers/Carrots	14 Pasta w/Meat Sauce WG Roll Veggie Mix Romaine Salad Apples/Cucumbers	15 Cheese Pizza Cucumber Romaine Salad Sidekick Fresh Carrots	16
F/R Turkey Sub Chef Salad	17	18 Chicken Tenders Mashed Potato Green Beans Cucumbers Orange Slices	19 Cheeseburger French Fries Corn on the Cob Banana Fresh Carrots	20 Chicken Alfredo Broccoli Romaine Salad Apple Cucumbers	21 Hot dog Baked Beans Potato Cubes Orange Slices Fresh Carrots	22 Cheese Pizza Cucumbers Romaine Salad Sidekick	23
A Manager Choice	24	25 	26 Boneless Chicken Wings Mashed Potato Veggie Mix Orange Slices Fresh Carrots	27 Managers Choice	28 Managers Choice	29 Managers Choice	30