

**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 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
	M Ham Sub Chef Salad		1 Boneless Wings Tater Tots Green Beans Mandarin Orange	2 Breaded Chicken Sandwich Potato Cubes White Beans Pineapple	3 Penne Pasta W/ Meat Sauce Hot Carrots Salad Sidekick	4 Cheese Pizza Cucumber Salad Sidekick
	6 P Turkey Sub Chicken Salad	7 Chicken Tenders Spiral Potato White Beans Peaches	8 Vegetarian Fried Rice Pop Corn Chicken Broccoli Cucumbers Egg Roll Applesauce	9 Stromboli Meat Lover Salad Cucumbers Fresh carrots Hot Apples	10 Chicken Parm W Pasta Hot Carrots Salad Apple	11 Cheese Pizza Cucumbers Salad Sidekick
	13 G/ F Italian Sub Turkey Salad	14 Hot dog Green Beans Potato Cubes Hot Apples	15 Nachos Black Beans Lettuce Tomatoes Salsa Orange	16 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	17 Cheese Pizza Cucumbers Salad Sidekick	18 
	20 O / J Ham Sub Chef Salad	21 	22 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	23 Meatball Sub Green Beans Tater Tots Pineapple	24 Chicken Alfredo Broccoli Salad Apple	25 Cheese Pizza Fresh Carrots Salad Sidekick
	27 T Turkey Sub Chicken Salad	28 Corn Dog Green Beans Fresh Carrots Potato Cubes Apple	29 Taco Black Beans Lettuce Tomatoes Mandarin Oranges	30 Boneless Chicken Wings Mashed Potato Broccoli Peaches	1 Chicken alfredo Broccoli Salad Applesauce	2 Cheese Pizza Fresh Carrots Salad Sidekick
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