

Healthy tip of the month

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 2023

Milk is served with every lunch.

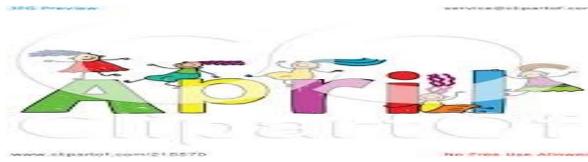
Breads/Buns are whole grain rich.

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	
						1	
2	F Italian Sub Chicken Salad	3 Nachos Black Beans Lettuce Tomatoes Orange	4 Hot Dog Green Beans Potato Cubes Hot Apple	5 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Oranges	6 Chicken Alfredo Broccoli Salad Apple	7	8
9	J Turkey Sub Chef Salad	10 	11 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	12 Chicken Alfredo Broccoli Salad Apple	13 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potato Apple	14 Cheese Pizza Fresh Carrots Salad Sidekick	15
16	A Ham Sub Turkey Salad	17 French Toast Sausage Potato Cubes Cucumbers Apple Juice	18 Meatball Sub Hot Carrots Tater Tots Pineapple	19 Boneless Chicken Wings Mashed Potatoes White beans Orange	20 Chicken Alfredo Broccoli Salad Apple	21 Cheese Pizza Cucumber Salad Sidekick	22
23 / 30	P Italian Sub Chicken Salad	24 Chicken Tenders Spiral Potatoes White Beans Peaches	25 Stromboli Meat Lover Fresh Carrots Salad Cucumbers Hot Apple	26 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	27 Vegetarian Fried Rice / Egg Roll Chicken Broccoli Cucumber Applesauce	28 Cheese Pizza Cucumber Salad Sidekick	29