

## 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 choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.

# ONE & OES - LUNCH MENU - MAY 2022

Milk is served  
with every lunch.

**Lunch \$3.50**

Breads/Buns are  
whole grain rich.


**ONE & OES  
offers**

**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 O Ham Sub Chicken salad	2 Meatball sub Green Beans Tater Tots Pineapple	3 Hot Dog Mac & cheese Hot Carrots Cucumber Pineapple	4 Chicken Alfredo Broccoli Salad Peaches	5 Tacos Black Beans Lettuce Tomatoes Orange	6 Cheese Pizza Fresh Carrots Salad Sidekick	7
8 M Turkey Sub Chef Salad	9 Boneless Wings Tater Tots Green Beans Mandarin Orange	10 Penne Pasta W/ Meat Sauce Hot Carrots Salad Peaches	11 Chicken Sandwich White beans Potato Cubes Pineapple	12 Cheeseburger Lettuce Tomatoes Spiral Potatoes Apple	13 Cheese Pizza Cucumber Salad Sidekick	14
15 F Italian Sub Turkey Salad	16 Nachos Black Beans Lettuce Tomatoes Orange	17 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Oranges	18 Hot Dog Green Beans Potato Cubes Hot Apple	19 Chicken Alfredo Broccoli Salad Apple	20 Cheese Pizza Cucumber Salad Sidekick	21
22 B Sub & Salad Manager Choice	23 Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	24 Tacos Black Beans Lettuce Tomatoes Orange	25 Cheeseburger Potato Wedges Corn Fresh Carrots Mandarin Oranges	26 Penne Pasta W/ Meat Sauce Cucumbers Salad Apple	27 Cheese Pizza Cucumber Salad Sidekick	28
29	30 	31 Ham Sub Applesauce Cup Salad Tomatoes Cucumbers	1 Turkey Sub Applesauce Cup Salad Tomatoes Cucumbers	2 Italian Sub Applesauce Cup Salad Tomatoes Cucumbers	3 Professional Duty Day	4

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