

*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.

Oasis High School - Lunch Menu – April 2021

Milk and Juice is served with every lunch.

Menu subject to change.

Lunch \$3.75

Salad Combo & Sub Combo \$3.75

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.



Mon	Tue	Wed	Thu	Fri	Sat
R Italian Sub Crispy Chicken Salad				1 Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches	3
4 H Turkey Sub Chef Salad	5 	6 Frittata Sausage Patty Hash brown Cucumbers Fresh Carrots Cheez it / Roll Apple	7 Boneless Chicken Wings Mac & Cheese Green Beans Fresh Carrots Orange	8 Chicken Alfredo Fresh Carrots Broccoli Fresh Carrots Salad Orange	9 Pepperoni Pizza Cheese Stick Sidekick Cucumbers Fresh Carrots Salad
11 F Ham Sub Turkey Salad	12 Nachos Black Beans Lettuce / Tomatoes Fresh Carrots Cheez-It Orange	13 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	14 Breaded Chicken Sandwich Broccoli Spiral Potato Fresh Carrots Mandarin Orange	15 Pepperoni Pizza Cheese Stick Fresh Carrots Cucumber Salad Sidekick	16 Early Dismissal 17
18 B Italian Sub Chicken Salad	19 Tacos Black Beans Lettuce Tomatoes Orange	20 Cheeseburger Potato Wedges Broccoli Fresh Carrots Mandarin Orange	21 Pulled Pork Potato Cubes Green Beans Fresh Carrots Hot Apple	22 Pasta with Meat Sauce Cucumbers Salad Apple	23 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
25 J Turkey Sub Crispy Chicken Salad	26 Corn Dog Green Beans Potato Cubes Fresh Carrots Hot Apples	27 Boneless Chicken Wings Baked Beans Spiral Potato Mandarin Orange	28 Philly Cheese steak Potato Cubes Cucumbers Fresh Carrots Orange	28 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	30 Pepperoni Pizza Cheese Stick Fresh Carrots Cucumbers / Salad Sidekick

*Available online to make payments or check account balances: myschoolbucks.com

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Menus are subject to change due to availability