





***Healthy tip of the month -**

Eating Better. Breakfast Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

Oasis Middle School - Lunch Menu – March 2018

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	N Italian Sub Chef Salad				1 Chicken Alfredo Broccoli Salad Apple	2 Cheese Pizza Sidekick Cucumbers Salad
Menu subject to change.						3
Lunch \$3.25	4 B Turkey Sub Chicken Salad	5 Corn Dog Green Beans Potato Cubes Hot Apple	6 Cheeseburger Corn Sweet Potatoes Mandarin Orange	7 Tacos Black Beans Lettuce Tomatoes Orange	8 Pasta with Meat Sauce Salad Apple Roll	9 Cheese Pizza Salad Cucumbers Sidekick
Salad Combo \$3.25						10
Sandwich Combo \$3.25	11 K Ham Sub Chef Salad	12 Chicken Nuggets Mashed Potato White Beans Mandarin Oranges	13 Corn Dog Mac & cheese Hot Carrots Cucumbers Pineapple	14 Chicken Alfredo Broccoli Salad Apple Roll	15 French Toast Sausage Potato Cubes Cucumbers Apple Juice	16 Cheese Pizza Salad Cucumbers Fresh Carrots Sidekick
Breads/Buns are whole grain rich.						17
Sandwiches and salads will not be made for Pizza days.	18					24
	25 R Italian Sub Chicken Salad	26 Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomatoes Plantain	27 Cheeseburger Broccoli Tater Tots Apple	28 Cheese Pizza Salad Cucumbers sidekick	29 Early Dismissal	30 
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