

***Healthy tip of the month**

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 High School - Lunch Menu – March 2019

Milk and Juice is served with every lunch.

Menu subject to change.

Lunch \$3.25

Salad Combo \$3.25

Sandwich Combo \$3.25

Breads/Buns are whole grain rich.



	Mon	Tue	Wed	Thu	Fri	Sat
	P Turkey Sub Chef salad					1 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
	2					
3	F Italian Sub Chicken Salad	4 Nachos Black Beans Lettuce / Tomatoes Granola Bar Fresh Carrots Orange	5 Hot Dog Cheez It Fresh Carrots Green Beans Potato Cubes Hot Apples	6 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potato Mandarin Orange	7 Chicken Alfredo Fresh Carrots Broccoli Salad Orange Roll	8 Pepperoni Pizza Yogurt Fresh Carrots Cucumbers Salad Sidekick
						9
10	L Ham Sub Chef Salad	11 Chicken Nuggets Sweet Potato Fries White Beans Peaches Roll	12 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple / Syrup	13 Chicken Alfredo Fresh Carrots Broccoli Salad Apple Roll	14 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	15 Professional Duty Day
						16
17						23
24 / 31	B Turkey Sub Chicken Salad	25 Corn Dog Green Beans Potato Cubes Fresh Carrots Hot Apple	26 Cheeseburger Broccoli Fresh Carrots Sweet Potato Mandarin Orange	27 Tacos Black Beans Lettuce Tomatoes Orange	28 Pasta with Meat Sauce Salad Cucumbers Apple / Roll	29 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
						30

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

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