





***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 High School - Lunch Menu – March 2018

	Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.	N Italian Sub Chef Salad				1 Chicken Alfredo Broccoli /Salad Fresh Carrots Apple Roll	2 Pepperoni Pizza Cheese Stick Cucumbers Salad sidekick
Menu subject to change.	4 B Turkey Sub Chicken Salad	5 Corn Dog Green Beans Fresh Carrots Potato Cubes Hot Apple	6 Cheeseburger Broccoli Fresh Carrots Sweet Potatoes Fries Mandarin Orange	7 Tacos Black Beans Lettuce Tomatoes Orange	8 Pasta with Meat Sauce Salad Cucumbers Apple Roll	9 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick
Lunch \$3.25						10
Salad Combo \$3.25						
Sandwich Combo \$3.25	11 K Ham Sub Chef Salad	12 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Mandarin Oranges Roll	13 Corn Dog Mac & cheese Green Beans Fresh Carrots Cucumbers Pineapple	14 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	15 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple	16 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick
Breads/Buns are whole grain rich.						17
						24
						
	25 R Italian Sub Chicken Salad	26 Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomatoes Fresh Carrots Plantain	27 Cheeseburger Green Beans Tater Tots Apple	28 Pepperoni Pizza Cheese stick Fresh Carrots Salad Juice Cup	29 Early Dismissal	30 
						31

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

This institution is an equal opportunity provider.