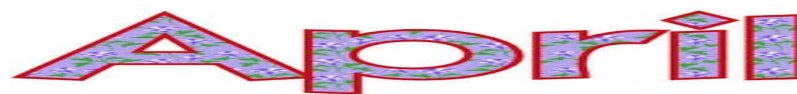


**\*Healthy tip of the month -**

**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 2018

	Mon	Tue	Wed	Thu	Fri	Sat
1 A Turkey Sub Chef Salad	2 Chicken Nuggets Sweet Potato White Beans Orange Roll	3 Meatball Sub Green beans Tater tots Fresh Carrots Peaches	4 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	5 Grilled chicken Italian Sandwich Spiral Potato Green beans Fresh Carrots Orange	6 Pepperoni Pizza Yogurt Cucumbers Salad sidekick	7
8 F Ham Sub Chicken Salad	9 Nachos Granola Bar Black Beans Lettuce / Tomato Fresh Carrots Orange	10 Hot dog Cheez-it Potato Cubes Green Beans Fresh Carrots Hot Apples	11 Breaded Chicken Sandwich Carrots Broccoli Spiral Potato Mandarin Oranges	12 Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	13 Pepperoni Pizza Yogurt Cucumbers Salad Fresh Carrots Sidekick	14
15 M Italian Sub Chef Salad	16 Breaded Chicken Sandwich White Beans Tater Tots Peaches	17 Chicken Nuggets Sweet Potato Broccoli Mandarin Oranges Roll	18 BBQ Grilled Chicken Sandwich Cucumbers Fresh Carrots Tater Tots Mandarin Oranges	19 Pasta with Meat Sauce Salad Fresh Carrots Orange Roll	20 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick	21
22 T Turkey Sub Chicken Salad	23 Breaded Beef Steak Mashed Potato Broccoli Applesauce Roll	24 Boneless Chicken wings / Rolls Mashed Potato Broccoli Fresh Carrots Peaches	25 Corn Dog Mac & cheese Green Beans Fresh Carrots Cucumbers Apple	26 Tacos Black Beans Lettuce / Tomatoes Fresh Carrots Peaches	27 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick	28
29 J Ham Sub Chef Salad	30 Boneless Chicken wings Baked Beans Green Beans Spiral Potato Mandarin Oranges	1 Grilled Ckn. Strips Rice / Tortilla Black Beans Lettuce / Tomato Fresh Carrots Hot Apples	2 Pancake Wrap Sausage / Syrup Spicy Potato Cucumbers Fresh Carrots Orange	3 Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	4 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick	5



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.