

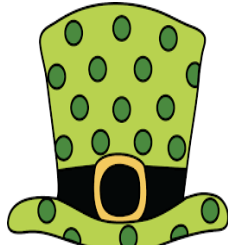


***Healthy tip of the month**

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 Middle School - Lunch Menu – March 2019

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.	P Turkey Sub Chef salad					1 Cheese Pizza Cucumbers Salad Sidekick	2
Menu subject to change.							
Lunch \$3.25	3 F Italian Sub Chicken Salad	4 Nachos Black Beans Lettuce/ Tomatoes Orange	5 Hot Dog Green beans Potato Cubes Hot Apple	6 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	7 Chicken Alfredo Broccoli Salad Apple Roll	8 Cheese Pizza Cucumbers Salad Sidekick	9
Salad Combo \$3.25							
Sandwich Combo \$3.25	10 L Ham Sub Chef Salad	11 Chicken Nuggets Sweet Potato Fries White beans Salad Orange Roll	12 French Toast Sausage Potato Cubes Cucumbers Apple Juice Syrup	13 Chicken Alfredo Broccoli Salad Peaches Roll	14 Cheese Pizza Cucumbers Salad Sidekick	15 Professional Duty Day	16
Breads/Buns are whole grain rich.							
Sandwiches and salads will not be made for Pizza days.	17					23	
	24 / 31 B Turkey Sub Chicken Salad	25 Corn dog Green Beans Potato Cubes Hot Apple	26 Cheeseburger Corn Sweet Potato Mandarin Orange	27 Tacos Black beans Lettuce Tomatoes Orange	28 Pasta With Meat sauce Salad Apple Roll	29 Cheese Pizza Salad Cucumbers Sidekick	30

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