

***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 Middle School - Lunch Menu – April 2021

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.50

Salad Combo & Sub Combo \$3.50

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.



	Mon	Tue	Wed	Thu	Fri	Sat
	R Italian Sub Crispy Chicken Salad				1 Pasta W/ Meat Sauce Salad Fresh Carrots Applesauce	3
4 H Turkey Sub Chef Salad	5 	6 Frittata Sausage Patty Hash brown Cucumbers Apple Juice Roll	7 Boneless Chicken Wings Mashed Potato White Beans Mandarin Orange	8 Chicken Alfredo Broccoli Salad Peaches	9 Cheese Pizza Sidekick Fresh Carrots Salad	10
11 F Ham Sub Turkey Salad	12 Nachos Black Beans Lettuce Tomatoes Orange	13 Chicken Alfredo Broccoli Salad Apple	14 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	15 Cheese Pizza Sidekick Cucumbers Salad	16 Early Dismissal	17
18 B Italian Sub Chicken Salad	19 Tacos Black Beans Lettuce Tomatoes Orange	20 Cheeseburger Potato Wedges Fresh Carrots Corn Mandarin orange	21 Pulled Pork Sandwich Green Beans Potato Cubes Hot Apple	22 Pasta with Meat Sauce Salad Apple	23 Cheese Pizza Sidekick Cucumbers Salad	24
25 J Turkey Sub Crispy Chicken Salad	26 Corn Dog Green Beans Potato cubes Fresh Carrots Hot Apple	27 Boneless Chicken Wings Mashed Potato White Beans Mandarin Orange	28 Philly Cheese Steak Potato Cubes Cucumbers Orange	29 Chicken Alfredo Broccoli Salad Apple	30 Cheese Pizza Sidekick Fresh Carrots Salad	1

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

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Menus are subject to change due to availability