

\*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 Elementary - Lunch Menu – March 2018

Milk is served  
with every lunch.

Menu subject to  
change.




**Lunch \$3.25**

Breads/Buns are  
whole grain rich.

**OES offers**

**Salad Combo &  
Sandwich Combo  
\$3.25**



	Mon	Tue	Wed	Thu	Fri	Sat
	N Italian Sub Chef Salad				1 Chicken Alfredo Broccoli Salad Apple	2 Cheese Pizza Sidekick Cucumbers Salad
	3					
4	B Turkey Sub Chicken Salad	5 Corn Dog Green Beans Potato Cubes Hot Apple	6 Cheeseburger Corn Sweet Potatoes Mandarin Orange	7 Tacos Black Beans Lettuce Tomatoes Orange	8 Pasta with Meat Sauce Salad Apple Roll	9 Cheese Pizza Salad Cucumbers Sidekick
						10
11	K Ham Sub Chef Salad	12 Chicken Nuggets Mashed Potato White Beans Mandarin Oranges	13 Corn Dog Mac & cheese Hot Carrots Cucumbers Pineapple	14 Chicken Alfredo Broccoli Salad Apple	15 French Toast Sausage Potato Cubes Cucumbers Apple Juice	16 Cheese Pizza Salad Cucumbers Fresh Carrots Sidekick
						17
18						24
25	R Italian Sub Chicken Salad	26 Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomatoes Plantain	27 Cheeseburger Broccoli Tater Tots Apple	28 Cheese Pizza Salad Cucumbers sidekick	29 Turkey Sub Fruit cup Salad Cucumbers	30 
						31

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

**This institution is an equal opportunity provider.**