

***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 2018

	Mon	Tue	Wed	Thu	Fri	Sat
Milk 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. Sandwiches and salads will not be made for Pizza days.	1 A Turkey Sub Chef Salad	2 Chicken Nuggets Mashed Potato White Beans Orange	3 Meatball sub Hot Carrots Tater tots Peaches	4 Chicken Alfredo Broccoli Salad Apple	5 Grilled chicken Italian Sandwich Spiral Potato Green beans Applesauce	6 Cheese Pizza Sidekick Cucumbers Salad
	8 F Ham Sub Chicken Salad	9 Nachos Black Beans Lettuce Tomato Orange	10 Hot dog Potato Cubes Green Beans Hot Apples	11 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Oranges	12 Chicken Alfredo Broccoli Salad Apple	13 Cheese Pizza Sidekick Cucumbers Salad
	15 M Italian Sub Chef Salad	16 Breaded Chicken Sandwich White Beans Potato Cubes Pineapple	17 Cheeseburger Spiral Potato Lettuce Tomato Apple	18 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Orange	19 Pasta with Meat Sauce Salad Hot Carrots Peaches	20 Cheese Pizza Sidekick Cucumbers Salad
	22 T Turkey Sub Chicken Salad	23 Breaded Beef Steak Mashed Potato Salad Applesauce Roll	24 Boneless Chicken wings / Roll Tater Tots Broccoli Peaches	25 Corn Dog Mac & cheese Green Beans Fresh Carrots Apple	26 Tacos Black Beans Lettuce / Tomatoes Mandarin Oranges	27 Cheese Pizza Fresh Carrots Salad Sidekick
	29 J Ham Sub Chef Salad	30 Boneless Chicken wings Hot Carrots Spiral Potato Mandarin Oranges	1 Grilled Ckn. Strips Rice Black Beans Lettuce / Tomato Plantain	2 Pancake Wrap Spicy Potato Cucumbers Apple Juice Syrup	3 Chicken Alfredo Broccoli Salad Apple	4 Cheese Pizza Sidekick Fresh Carrots Salad
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