

***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 2019

		Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.	H Italia Sub Chef Salad	1 Frittata / Hot Roll Hash Brown Sausage Patty Cucumbers Fresh Carrots Pineapple	2 Chicken Nuggets Mac & Cheese Cucumber Green Beans Fresh Carrots Orange / Roll	3 Hot Dog Cheez-it Baked Beans Salad Fresh Carrots Hot Apple	4 Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	5 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick	6
Menu subject to change.	7 T Ham Sub Chicken Salad	8 Boneless Chicken wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	9 Corn Dog Mac & cheese Green Beans Fresh Carrots Cucumbers Apple	10 	11 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Peaches	12 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick	13
Lunch \$3.25							
Salad Combo \$3.25							
Sandwich Combo \$3.25	14 F Turkey Sub Chef Salad	15 Nachos Black Beans Lettuce / Tomatoes Granola Bar Fresh Carrots Orange	16 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potato Mandarin Orange	17 Chicken Alfredo Fresh Carrots Broccoli Salad Orange Roll	18 Pepperoni Pizza Yogurt Fresh Carrots Cucumbers Salad Sidekick	19 	2
Breads/Buns are whole grain rich.							
	21 R Italian Sub Chicken Salad	22 	23 Hot Dog Mac & Cheese Hot Carrots Cucumbers Orange	24 Pasta w/ Meat Sauce /Roll Broccoli Fresh Carrots Peaches	25 Cheeseburger Tater Tots Green Beans Apple	26 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	27
	28 N Ham Sub Chef Salad	29 Boneless Chicken Wings Mashed Potato White beans Peaches Fresh Carrots / Roll	30 Breaded Chicken Sandwich Broccoli Fresh carrots Tarter Tots Mandarin Orange	1 Hamburger Slider Spiral Potato Fresh Carrots Lettuce Tomatoes Orange	2 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	3 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick	4

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