

**\*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 2019

		Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	H Italia Sub Chef Salad	1 Frittata Hot Roll Hash Brown Sausage Patty Cucumbers Applesauce	2 Cheeseburger Tater Tots Lettuce Tomatoes Orange	3 Hot Dog Baked beans Sweet Potato Apple	4 Chicken Alfredo Broccoli Salad Peaches Roll	5 Cheese Pizza Cucumber Salad Sidekick	6
Menu subject to change.	7 T Ham Sub Chicken Salad	8 Boneless Chicken Wings Broccoli Fresh Carrots Tater Tots Peaches	9 Corn dog Mac & cheese Fresh Carrots Green beans Apple	10 	11 Tacos Black Beans Lettuce Tomatoes Mandarin Orange	12 Cheese Pizza Fresh Carrots Salad Sidekick	13
Lunch \$3.25							
Salad Combo \$3.25							
Sandwich Combo \$3.25							
Breads/Buns are whole grain rich.	14 F Turkey Sub Chef Salad	15 Nachos Black Beans Lettuce Tomatoes Orange	16 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	17 Chicken Alfredo Broccoli Salad Apple Roll	18 Cheese Pizza Cucumbers Salad Sidekick	19 	20
Sandwiches and salads will not be made for Pizza days.	21 R Italian Sub Chicken Salad	22 	23 Hot Dog Mac & Cheese Hot Carrots Cucumbers Orange	24 Pasta w/ Meat Sauce Salad Applesauce Roll	25 Cheeseburger Tater Tots Broccoli Apple	26 Cheese Pizza Cucumbers Salad Sidekick	27
	28 N Ham Sub Chef Salad	29 Boneless Chicken Wings Mashed Potato White beans Fresh Carrots Peaches	30 Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin Orange	1 Hamburger Slider Spiral Potato Green Beans Lettuce Tomatoes Orange	2 Chicken Alfredo Broccoli Salad Fresh Apple Roll	3 Cheese Pizza Sidekick Cucumbers Salad	4

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