

*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 2022

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk and Juice is served with every lunch.							
	B Italian Sub Chicken Salad				1 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	2	
Lunch \$3.75							
Salad Combo & Sub Combo \$3.75							
Breads/Buns are whole grain rich.							
Subs and Salads will not be made for Pizza days.							
	3 G Turkey Sub Chef Salad	4 Stromboli meat Lover Fresh Carrots Salad Cucumber Marinara Sauce Hot Apple	5 BBQ Grilled Chicken Sandwich Cucumbers Fresh Carrots Tater Tots Mandarin Orange	6 Chicken Tenders Mashed Potato White Beans Fresh carrots Pineapple Roll	7 Cheeseburger Broccoli Cucumber Spiral Potato Orange	8 Pepperoni Pizza Yogurt Sidekick Cucumber Fresh Carrots Salad	9
	10 J Ham Sub Turkey Salad	11 Boneless Chicken Wings Spiral Potato Baked Beans Mandarin Oranges	12 Breaded Chicken Sandwich Broccoli / Tater Tots Fresh Carrots Apple	13 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	14 Pepperoni Pizza Cheese Stick Cucumber / Salad Fresh Carrots Sidekick	15 <i>Happy Good Friday</i>	16
	17 L Italian Sub Chicken Salad	18 	19 Chicken Tenders Potato wedges Fresh Carrots / Salad White Beans Peaches	20 Cheeseburger Potato Cubes Fresh Carrots Salad Pineapple	21 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	22 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	23
	24 K Turkey Sub Crispy chicken Salad	25 French Toast Sausage (2) Potatoes Cubes Cucumbers Fresh Carrots Apple	26 Nachos / Cheez-It Black Beans Lettuce / Tomatoes Fresh Carrots Orange	27 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	28 Chicken Tenders Mashed Potato White Beans Fresh Carrots / Roll Mandarin Orange	29 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	30

Menu Subject to Change

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