

*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 2023

Milk and Juice is served with every lunch.

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.

Menu subject to change.



Mon	Tue	Wed	Thu	Fri	Sat
					1
2 F Italian Sub Chicken Salad	3 Nachos Black Beans Fresh Carrots Lettuce/ Tomatoes Cheez-it / Orange	4 Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It	5 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Mandarin Orange	6 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	7 8
9 J Turkey Sub Chef Salad	10 <i>Easter Monday</i>	11 Boneless Chicken Wings / Roll Spiral Potato Baked Beans Mandarin Oranges	12 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	13 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Apple	14 15 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick
16 A Ham Sub Turkey Salad	17 French Toast Sausage Potato cubes Fresh Carrots Cucumbers Apple	18 Meatball Sub Green Beans Tater Tots Fresh Carrots Marinara Sauce Peaches	19 Boneless Chicken Wings / Roll Mashed Potatoes White Beans Fresh Carrots Orange	20 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	21 22 Pepperoni Pizza Yogurt Cucumber Salad Sidekick
23 / 30 P Italian Sub Crispy Chicken Salad	24 Chicken Tenders Mashed Potato White Beans Fresh Carrots Roll / Apple	25 Stromboli Meat Lover Cucumbers Salad Fresh Carrots Applesauce	26 	27 Vegetarian Fried Rice Chicken / Egg Roll Broccoli / Cucumbers Fresh Carrot Applesauce	28 29 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick

*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.