

***Healthy tip of the month -**

Eating for Good Health focus on increasing vegetables, fruits and whole grains, and decreasing saturated fats, added sugars and processed foods. **Timing is Key** Timing of meals throughout the day is also key when using and storing energy. **Avoid Trans Fats** Follow your heart and eat foods low in saturated fats to help avoid heart disease. **Remember the three R's** **REFLECT** on your eating habits by keeping a food journal, **REPLACE** unhealthy eating habits with healthier ones **REINFORCE** your healthier eating habits by planning ahead

Oasis Middle School - Lunch Menu – March 2022

Milk is served
with every lunch.

Lunch \$3.50



**Salad Combo &
Sub Combo
\$3.50**

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
	A Italia Sub Crispy Chicken Salad	 1 French Toast Sausage Potato Cubes Cucumbers Apple Juice	2 Meatball Sub Hot Carrots Tater Tots Peaches	3 Chicken Alfredo Broccoli Salad Apple	4 Cheese Pizza Cucumber Salad Sidekick	5
	6 N Turkey Sub Chef Salad	7 Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	8 Hamburger Green Beans Lettuce Tomatoes Potato Wedges Orange	9 Breaded Chicken Sandwich Hot Carrots Tater Tots Mandarin Oranges	10 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	11 Cheese Pizza Cucumber Salad Sidekick
	13 R Ham Sub Turkey Salad	14 Tacos Black Beans Lettuce Tomatoes Orange	15 Pasta W/ Meat Sauce Salad Fresh Carrots Applesauce	16 Cheeseburger Broccoli Tater Tots Apple	17 Cheese Pizza Cucumber Salad Sidekick	18 Professional Duty Day
	20					26
	27 B Italian Sub Chicken Salad	28 Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	29 Tacos Black Beans Lettuce Tomatoes Orange	30 Cheeseburger Potato Wedges Fresh Carrots Corn Mandarin Oranges	31 Penne Pasta With Meat Sauce Cucumber Salad Apple	1 Cheese Pizza Cucumber Salad Sidekick

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

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