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 High School - Lunch Menu - March 2022

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		Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.  Lunch \$3.75	A Italia Sub Crispy Chicken Salad		1 French toast Sausage Potato Cubes Cucumbers Fresh Carrots	2 Meatball Sub Fresh Carrots Green Beans Tater Tots Peaches	3 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	4 Pepperoni Pizza Yogurt Cucumber Salad Sidekick	5
Salad Combo & Sub Combo \$3.75 Breads/Buns are whole grain rich.	6 N Turkey Sub Chef Salad	7 Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	Apple  8 Hamburger Fresh Carrots Lettuce Tomatoes Potato Wedges Orange	9 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Mandarin Oranges	10 Chicken Alfredo Broccoli Cucumbers Fresh Carrots Apple	11 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	12
Subs and Salads will not be made for Pizza days.	13 R Ham Sub Turkey Salad	14 Tacos Black Beans Lettuce /Tomatoes Fresh Carrots Orange	15 Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches	16 Cheeseburger Cucumbers Tater Tots Apple	17 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	18 Professional Duty Day	19
						Xn 3	26
Menu Subject to Change	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 Broccoli Mandarin Oranges	31 Penne Pasta With Meat Sauce Cucumber Salad Apple	1 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	2
		*Availa	ble online to make payments	or check account balances:	myschoolbucks.com		

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