


**\*Healthy tip of the month**

**Eating Better. Breakfast** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

# Oasis Middle School - Lunch Menu – March 2020

	Mon	Tue	Wed	Thu	Fri	Sat
1 R Italian Sub Chicken Salad	2 Pork chops Rice & Pinto Beans Mixed Salad Plantain	3 Cheeseburger Broccoli Tater Tots Apple	4  <b>Early Dismissal</b>	5 Pasta W/ Meat Sauce Salad Fresh Carrots Applesauce	6 Cheese Pizza Sidekick Cucumber Salad	7
8 P Ham Sub Chef Salad	9 Chicken Tenders Spiral Potato White Beans Peaches	10 Chicken. Parmesan Hot Carrots Salad Apple	11 Veg. Fried Rice Chicken Broccoli Cucumbers Egg Roll Applesauce	12 Cheese Pizza Sidekick Cucumber Salad	13  <b>Professional duty day</b>	14
15					21	
22 B Turkey Sub Chicken Salad	23 Corn Dog Green Beans Potato Cubes Hot Apple	24 Cheeseburger Potato Wedge Fresh Carrots Corn Mandarin Orange	25 Tacos Black Beans Lettuce Tomatoes Orange	26 Pasta w/ Meat Sauce Salad Apple	27 Cheese Pizza Sidekick Cucumbers Salad	28
29 F Italian Sub Chef Salad	30 Nachos Black Beans Lettuce Tomatoes Orange	3 Hot Dog Green Beans Potato Cubes Hot Apple	1 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	2 Chicken Alfredo Broccoli Salad Apple	3 Cheese Pizza Cucumbers Salad Sidekick	4

Milk is served with every lunch.

Menu subject to change.

**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.



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