


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 High 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 Green Beans Tater Tots Apple	4 Early Dismissal	5 Pasta w/ Meat Sauce Broccoli Fresh Carrots Apple	6 Pepperoni Pizza Cheese Stick Sidekick Fresh Carrots Salad	7
8 P Ham Sub Chef Salad	9 Chicken Tenders White Beans Mashed Potato Peaches Roll	10 Chicken Parmesan Hot Carrots Cucumbers Salad Apple	11 Veg. Fried Rice Chicken Broccoli / Fresh carrot Cucumbers Egg Roll Applesauce	12 Pepperoni Pizza Cheese Stick Sidekick Fresh Carrots Salad	13 Professional duty day	14
15						21
22 B Turkey Sub Chicken Salad	23 Corn Dog Green Beans Potato Cubes Fresh carrots Sliced Apple	24 Cheeseburger Broccoli Fresh Carrots Potato Wedge Mandarin Orange	25 Tacos Black Beans Lettuce Tomatoes Orange	26 Pasta w/ Meat Sauce Salad Cucumber Apple	27 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	28
29 F Italian Sub Chef Salad	30 Nacho Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-It Orange	3 Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Hot Apple	1 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Mandarin Orange	2 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	3 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	4

Milk and Juice is served with every lunch.

Menu subject to change.

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.



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