

***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 2026

Milk is served with every lunch.

Lunch \$2.50

Salad Combo & Sub Combo \$2.50

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
					
1 G Ham Sub Chicken Salad	2 Meatlover Stromboli Hot Carrots Romaine Salad Cucumbers Banana Marinara	3 Chicken Tenders WG Roll Mashed Potatoes Apples Cucumbers Fresh Carrots	4 Cheeseburger Organic Veggie Medley French Fries Romaine salad Oranges	5 Chicken Alfredo WG Roll Broccoli Romaine Salad Apple Fresh Carrots	6 Cheese Pizza Cucumber Romaine Salad Sidekick Fresh Carrots
8 T Turkey Sub Chef Salad	9 Boneless Chicken Wings Potatoe Cubes Green Beans Fresh Carrots Banana WG Roll	10 Taco (Beef) Organic Black Beans Lettuce Tomato Grapes	11 Corn dog Fresh Carrots Green Beans Potato Cubes Fresh Melons	12 Cheese Pizza Sidekicks Romaine Salad Cucumbers Fresh Carrots	13 No School
15					21
22 L/K Italian Sub Crispy Chicken Salad	23 French Toast (3) Sausage Links(2) Potato Cubes Hot Carrots Apples Apple Juice	24 Chicken Tenders Green Beans Mashed Potatoes Romaine salad Orange Slices Cucumbers	25 Cheeseburger Veggie Mix Spiral Potatoes Romiane Salad Apples	26 Chicken Alfredo Broccoli Romaine Salad Banana WG Roll	27 Cheese Pizza Cucumbers Salad Sidekick
29 X Ham Sub Chef Salad	30 Pulled Chicken WG Roll Potato Cubes Organic Veggie Mix Oranges/Cucumbers	31 Meatball Sub Green Beans Tater Tots Fresh Carrots Orange Slices	1 Boneless Chicken Sweet Potato Fries Romaine Salad Cucumbers/Carrots Banana	2 Penne Pasta w/ Meat Sauce WG Roll Hot Carrots Romaine Salad Apples	3 Cheese Pizza Cucumber Salad Sidekick Carrots
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*Available online to make payments or check account balances: myschoolbucks.com
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