

***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 High School - Lunch Menu – March 2026

Milk and Juice is served with every lunch.

Lunch \$2.75

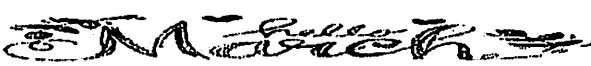
Salad Combo & Sub Combo \$2.75

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 Meat lover Stromboli Hot Carrots Romaine Salad Cucumbers Banana Marinara	3 Chicken Tenders WG Roll Mashed Potatoes Apples Cucumbers Fresh Carrots	4 Cheeseburger Broccoli French Fries Let/ tom Cucumber Orange slices	5 Chicken Alfredo Fresh Carrots Broccoli Romaine Salad Apple WG roll	6 Pepperoni Pizza Yogurt Fresh Carrots Romaine Salad Cucumber Sidekick
8 T Turkey Sub Chef Salad	9 Boneless Chicken Wings / WG Roll Potato Cubes Green Beans Fresh Carrots Banana	10 Taco (Beef) Organic Black Beans Fresh Carrots Lettuce / Tomato Grapes	11 Corn Dog Potato Cubes Green beans Fresh Carrots Fresh Melons	12 Pepperoni Pizza Cheese Stick Sidekick Romaine Salad Carrots/WG cheeze it	13 No School
14	15	16	17	18	19
					
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 Mashed potatoes Green Beans Romaine Salad Fresh Carrots WG Roll/ Oranges	25 Cheeseburger Veggie Mix Spiral Potatoes Romaine Salad Banana	26 Chicken Alfredo Broccoli Fresh carrots Romaine Salad Apple/ WG Roll	27 Pepperoni Pizza Cheese Stick Cucumbers Romaine Salad Sidekick
29 X Ham Sub Chef Salad	30 Pulled Chicken WG Roll Potato Cubes Broccoli 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 Pasta w/ meatsauce WG Roll Hot Carrots Romaine Salad Cucumbers/Apples	3 Pepperoni Pizza Yogurt Cucumbers Romaine Salad Sidekick
4	5	6	7	8	9

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