


***Healthy tip of the month :**

Tips to a healthy eating: Eat a variety of food, you need more than 40 different nutrients for good health and no single food can supply them all. Enjoy plenty of fruits and vegetables, Most of us do not eat enough of these foods either although they provide important protective nutrients. Eat moderate portions - reduce, don't eliminate foods, If you keep portion sizes reasonable, it's easier to eat all the foods you enjoy without having to eliminate any. Eat regularly, skipping meals, especially breakfast, can lead to out-of-control hunger. Get on the move, as we have seen, too many calories and not enough activity can result in weight gain. Moderately physical activity helps burn off those extra calories.

Oasis High School - Lunch Menu – April 2017

	Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.						1
Menu subject to change.	2 P Turkey Sub Chicken Salad	3 Breaded steak Mashed Potato Broccoli Applesauce / Roll	4 Chicken Nuggets / Roll Spiral Potato Hot Carrots Cucumbers Peaches	5 Pasta w/ Chicken Parmesan Salad / Cucumbers Hot Carrots Apple	6 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick	7 Early Dismissal 8
Lunch \$3.25	9					15
Salad Combo \$3.25						
Sandwich Combo \$3.25						
Breads/Buns are whole grain rich.	16 K Ham Sub Chef Salad	17 No School	18 Corn Dog Mac & Cheese Green Beans Cucumbers Fresh Carrots Pineapple	19 Chicken Nuggets Spiral Potato Broccoli Fresh Carrots Mandarin Orange Roll	20 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	21 Pepperoni Pizza Cheese stick Cucumbers Salad Sidekick 22
	23 J Italian Sub Chicken Salad	24 Chicken wings Baked Beans Green Beans Spiral Potato Mandarin Oranges	25 Grilled Ckn. Strips Rice / Cucumber Black Beans Lettuce / Tomato Plantain/Tortilla	26 Sloppy Joe Sweet Potato Broccoli Fresh Carrots Apple	27 Chicken Alfredo Broccoli Salad Fresh Carrots Orange /Roll	28 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick 29
	30 F Turkey Sub Chef salad	1 Nachos Granola Bar Black Beans Lettuce / Tomato Carrots / Orange	2 Hot dog / cheez-it Potato Cubes Green Beans Fresh Carrots Hot Apples	3 Breaded Chicken Sandwich Carrots / Broccoli Spiral Potato Mandarin Oranges	4 Chicken Alfredo Broccoli / Salad Fresh Carrots Orange Roll	5 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick 6



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