



**\*Healthy tip of the month :**

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetable. Make half of your plate fruits and vegetable, 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 level between meals. Preparing foods at home can be healthy, rewarding and cost-effective. Quench your thirst by drinking water instead of sugary drinks. Cut back on sugars, foods with added sugars can contribute empty calories and little or no nutrition. 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 2017

|   | Mon                         | Tue  | Wed   | Thu  | Fri   | Sat   |    |
|---|-----------------------------|--|---|--|---|---|----|
| Milk and Juice is served with every lunch.  | C                           |            |   | 1<br>Chicken Nuggets<br>Spiral Potato<br>White Beans<br>Peaches<br>Roll                        | 2<br>Chicken Parmesan<br>Hot Carrots<br>Salad<br>Apple                                | 3<br>Pepperoni Pizza<br>Cheese Stick<br>Fresh Carrots<br>Salad<br>Sidekick  | 4  |
| Menu subject to change.   | Turkey Sub<br>Chef Salad    |  |   |  |   |   |    |
| Lunch \$3.25  | 5<br>N                      | 6<br>Boneless Chicken<br>Wings<br>Sweet Potato Fries<br>White beans<br>Peaches<br>Roll       | 7<br>Hamburger Slider<br>Mac & cheese<br>Green Beans<br>Lettuce / Tomatoes<br>Fresh Carrots<br>Orange | 8<br>Breaded Chicken<br>Sandwich<br>Tater Tots<br>Broccoli<br>Fresh Carrots<br>Mandarin Orange | 9<br>Chicken Alfredo<br>Broccoli Salad<br>Fresh Carrots<br>Apple<br>Roll              | 10<br>Pepperoni Pizza<br>Cheese stick<br>Cucumbers<br>Salad<br>Sidekick     | 11 |
| Salad Combo \$3.25  | Ham Sub<br>Chicken<br>Salad |  |   |  |   |   |    |
| Sandwich Combo \$3.25   |                             |  |   |  |   |   |    |
| Breads/Buns are whole grain rich.   | 12<br>H                     | 13<br>Cheese Calzone<br>Salad<br>Fresh Carrots<br>Apple<br>Marinara Sauce<br>Parmesan Cheese | 14<br>Chicken Nuggets<br>Mac & Cheese<br>Green Beans<br>Cucumbers<br>Fresh Carrots<br>Orange / Roll   | 15<br>Frittata<br>Hash Brown<br>Sausage<br>Cucumbers<br>Pineapple<br>Fresh Carrots             | 16<br>Pepperoni Pizza<br>Cheese Stick<br>Cucumbers<br>Salad<br>Sidekick               | 17<br><b>Professional Duty Day</b>  | 18 |
| <b>March 6 thru 10<br/>National School<br/>Breakfast Week</b>                       | 19<br>T                     | 20<br>Breaded Steak<br>Mashed Potato<br>Broccoli<br>Applesauce<br>Roll                       | 21<br>Tacos<br>Black Beans<br>Lettuce / Tomato<br>Fresh Carrots<br>Peaches                            | 22<br><b>Early Dismissal</b>   | 23<br>Chicken Nuggets<br>Mashed Potato<br>Broccoli<br>Fresh Carrots<br>Peaches / Roll | 24<br>Pepperoni Pizza<br>Cheese Stick<br>Fresh carrots<br>Salad<br>Sidekick | 25 |
|  | 26<br>A                     | 27<br>Boneless Chicken<br>Wings<br>Sweet Potato Fries<br>White beans<br>Orange<br>Roll       | 28<br>Meatball sub<br>Fresh Carrots<br>Green beans<br>Tater tots<br>Peaches                           | 29<br>Grilled Chicken<br>Sandwich<br>Spiral Potato<br>Green beans<br>Fresh Carrots<br>Orange   | 30<br>Chicken Alfredo<br>Broccoli /Salad Fresh<br>Carrots<br>Apple<br>Roll            | 31<br>Pepperoni Pizza<br>Yogurt<br>Juice cup<br>Cucumbers<br>Salad          | 1  |
|   | Ham Sub<br>Chef Salad       |  |   |  |   |   |    |

\*Available online to make payments or check account balances: [myschoolbucks.com](http://myschoolbucks.com)

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