

***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 2025

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk and Juice is served with every lunch.						1	
Lunch \$3.75	2 F Ham Sub Chicken Salad	3 Nachos Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-it Orange	4 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potatoes Mandarin Oranges	5 Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Hot Apples	6 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	7 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Cucumber Sidekick	8
Salad Combo & Sub Combo \$3.75	9 T Turkey Sub Chef Salad	10 Boneless Chicken Wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	11 Taco Black Beans Fresh Carrots Lettuce / Tomato Peaches	12 Corn Dog Fresh Carrots Green beans Potato wedges Apple	13 Chicken Alfredo Broccoli Fresh Carrots Salad Applesauce	14 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	15
Breads/Buns are whole grain rich. Subs and Salads will not be made for Pizza days.						22	
Menu subject to change.	23 L Italian Sub Crispy Chicken Salad	24 Chicken Tenders Potato Wedges White Beans Peaches Roll	25 French Toast (3) Sausage Links (2) Potato Cubes Cucumbers Fresh Carrots Apple	26 Cheeseburger Fresh Carrots Salad Potato Cubes Pineapple	27 Chicken Alfredo Broccoli Fresh carrots Salad Apple	28 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	29
	30 M Ham Sub Chef Salad	31 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	1 Boneless Chicken Wings / Roll Fresh Carrots Cucumbers / Tater Tots Mandarin Oranges	2 Breaded Chicken Sandwich Potato Cubes White Beans Apple	3 Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	4 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	5

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