

***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 2023

Milk and Juice is served with every lunch.

Lunch \$3.75

Salad Combo & Sub Combo \$3.75

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
	O Italian Sub Crispy Chicken Salad			2 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	3 Pepperoni Pizza Yogurt Cucumber Salad Sidekick	4
	5 M Ham Sub Chicken Salad	6 Boneless Chicken Wings / Roll Tater Tots Fresh carrots Cucumbers Mandarin Oranges	7 Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	8 Breaded Chicken Sandwich White Beans Potato Cubes Apple	9 Cheeseburger Broccoli Cucumber Spiral potato Orange	10 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
	12 G Italian Sub Chef Salad	13 Stromboli Meat Lovers Cucumbers Fresh Carrots Salad Hot Apples	14 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	15 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple Roll	16 BBQ Grilled Chicken Sandwich Fresh Carrots Cucumbers Tater Tots Mandarin Oranges	17 Professional Duty Day
	19					25
	26 T Ham Sub Chicken Salad	27 Corn Dog Fresh Carrots Green beans Potato wedges Apple	28 Chicken Wings Mashed Potato Broccoli Fresh Carrots Peaches Roll	29 Taco Black Beans Fresh Carrots Lettuce Tomato Peaches	30 Chicken Alfredo Broccoli Fresh Carrots Salad Applesauce	31 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
						1

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

This institution is an equal opportunity provider.