

**\*Healthy tip of the month -**

Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet

# Oasis Middle School - Lunch Menu – March 2024

Milk is served with every lunch.

**Lunch \$3.50**




**Salad Combo & Sub Combo \$3.50**

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
L Turkey Sub Chicken Salad					1 Cheese Pizza Cucumber Salad Sidekick
3 T Italian Sub Chef Salad	4 Corn dog Fresh Carrots Green Beans Potato Wedges Apple	5 Taco Black Beans Lettuce Tomato Mandarin Oranges	6 Boneless Chicken Wings Mashed Potato Broccoli Fresh Carrots Peaches	7 Chicken alfredo Broccoli Salad Orange	8 Cheese Pizza Cucumber Salad Sidekick
10 G Ham Sub Turkey Salad	11 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	12 Chicken Tenders Mac & Cheese Corn Cucumbers Apple	13 Cheeseburger Spiral Potato Salad Orange	14 Cheese Pizza Cucumber Salad Sidekick	15 <b>Professional Duty Day</b>
17					23
24/31 M Turkey Sub Crispy Chicken Salad	25 Chicken Wings Tater Tots Baked Beans Mandarin Orange	26 Cheeseburger Lettuce Tomatoes Green Beans Spiral Potatoes Apple	27 Chicken Parm Sandwich Cucumbers Potato Cubes Fresh Carrots Pineapple	28 Penne Pasta With Meat Sauce Hot Carrots Salad Peaches	29 
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\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)  
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