




***Healthy tip of the month -**

Eating Better. 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 Middle School - Lunch Menu – April 2024

	Mon	Tue	Wed	Thu	Fri	Sat
<p>Milk is served with every lunch.</p> <p>Lunch \$3.50</p> <p>Salad Combo & Sub Combo \$3.50</p> <p>Breads/Buns are whole grain rich.</p> <p>Subs and Salads will not be made for Pizza days.</p> <p>Menu Subject to Change</p>	<p>1</p> <p>O Italian Sub Turkey Salad</p> 	<p>2</p> <p>Chicken Tenders Mac & Cheese Hot Carrot Cucumbers Pineapple</p>	<p>3</p> <p>Meatball Sub Green Beans Tater Tots Pineapple</p>	<p>4</p> <p>Chicken Alfredo Broccoli Salad Peaches</p>	<p>5</p> <p>Cheese Pizza Cucumbers Salad Sidekick</p>	<p>6</p>
	<p>7</p> <p>B Ham Sub Chicken Salad</p>	<p>8</p> <p>Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple</p>	<p>9</p> <p>Cheeseburger Fresh Carrots Potato Wedge Corn Mandarin Orange</p>	<p>10</p> <p>Taco Black Beans Lettuce Tomatoes Orange</p>	<p>11</p> <p>Penne Pasta w Meat Sauce Cucumbers Salad Apple</p>	<p>12</p> <p>Cheese Pizza Cucumbers Salad Sidekick</p>
	<p>14</p> <p>J / F Turkey Sub Chef Salad</p>	<p>15</p> <p>Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges</p>	<p>16</p> <p>Chicken Alfredo Broccoli Salad Apple</p>	<p>17</p> <p>Hot Dog Green Beans Potato Cubes Hot Apple</p>	<p>18</p> <p>Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple</p>	<p>19</p> <p>Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick</p>
	<p>21</p> <p>H Italian Sub Chicken Salad</p>	<p>22</p> <p>Omelette Hashbrown Sausage Patty Cucumbers Apple Juice Roll</p>	<p>23</p> <p>Nachos Black Beans Lettuce Tomatoes Orange</p>	<p>24</p> 	<p>25</p> <p>Chicken Alfredo Broccoli Salad Peaches</p>	<p>26</p> <p>Cheese Pizza Fresh Carrots Cucumbers Sidekick</p>
	<p>28</p> <p>P Ham Sub Crispy Chicken Salad</p>	<p>29</p> <p>Chicken Tenders Spiral Potato White Beans Orange</p>	<p>30</p> <p>Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Applesauce Egg Roll</p>	<p>1</p> <p>Stromboli Meat Lover Salad Cucumbers Fresh carrots Hot Apples</p>	<p>2</p> <p>Chicken Parm W Pasta Hot Carrots Salad Apple</p>	<p>3</p> <p>Cheese Pizza Cucumbers Salad Sidekick</p>
						<p>4</p>

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