

***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 Middle School - Lunch Menu – March 2023

Milk is served with every lunch.

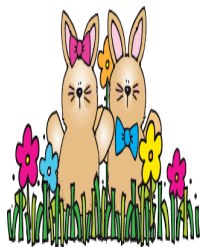
Lunch \$3.50



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
	O Italian Sub Crispy Chicken Salad			1 Hot Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	2 Chicken Alfredo Broccoli Salad Peaches	3 Cheese Pizza Salad Cucumbers Sidekick
	5 M Ham Sub Chicken Salad	6 Boneless Wings Tater Tots Baked Beans Mandarin Orange	7 Penne Pasta With Meat Sauce Hot Carrots Salad Peaches	8 Breaded Chicken Sandwich White Beans Potato Cubes Fresh Carrots Pineapple	9 Cheeseburger Lettuce Tomatoes Green Beans Spiral Potatoes Apple	10 Cheese Pizza Cucumber Salad Sidekick
	12 G Italian Sub Chef Salad	13 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	14 Cheeseburger Spiral Potato Salad Orange	15 Chicken Tenders Mac & Cheese Corn Cucumbers Apple	16 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Orange	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	29 Taco Black Beans Lettuce Tomato Mandarin Oranges	30 Chicken alfredo Broccoli Salad Orange	31 Cheese Pizza Cucumber Salad Sidekick
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