

***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 calorie.

Oasis Middle School - Lunch Menu – April 2022

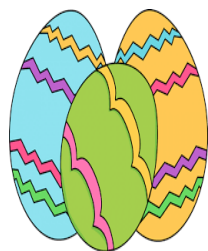
Milk is served
with every lunch.

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
	B Italian Sub Chicken Salad				1 Cheese Pizza Cucumber Salad Sidekick	2
	3 G Turkey Sub Chef Salad	4 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apple	5 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Oranges	6 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	7 Cheeseburger Spiral Potato Salad Orange	8 Cheese Pizza Cucumber Salad Sidekick
	10 J Ham Sub Turkey Salad	11 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	12 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potato Apple	13 Chicken Alfredo Broccoli Salad Apple	14 Cheese Pizza Fresh Carrots Salad Sidekick	15 <i>Good Friday</i>
	17 L Italian Sub Chicken Salad	18 	19 Chicken Tenders Potato wedges White Beans Salad Orange	20 Cheeseburger Tater Tots Fresh Carrots Salad Apple	21 Chicken Alfredo Broccoli Salad Apple	22 Cheese Pizza Cucumber Salad Sidekick
	24 K Turkey Sub Crispy chicken Salad	25 French Toast Sausage (2) Potatoes Cubes Cucumbers Apple Juice	26 Nachos Black Beans Lettuce / Tomatoes Salsa Orange	27 Chicken Alfredo Broccoli Salad Apple	28 Chicken Tenders Mashed Potato White Beans Mandarin Orange	29 Cheese Pizza Cucumber Fresh Carrot Salad Sidekick
						30

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

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