

\*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 High School - Lunch Menu – April 2024

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
	1 O Italian Sub Turkey Salad 	2 Chicken Tenders Mac & Cheese Cucumbers Salad Hot Carrots Pineapple	3 Meatball Sub Green Beans Fresh Carrots Tater Tots Peaches	4 Chicken Alfredo Broccoli Salad Fresh Carrots Apple	5 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick	6
	7 B Ham Sub Chicken Salad	8 Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	9 Cheeseburger Fresh Carrots Broccoli Potato Wedge Mandarin Orange	10 Taco Black Beans Lettuce Tomatoes Orange	11 Penne Pasta w Meat Sauce Cucumbers Salad Apple	12 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
	14 J / F Turkey Sub Chef Salad	15 Boneless Chicken Wings / Roll Spiral Potato Baked Beans Mandarin Oranges	16 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	17 Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Hot Apples	18 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Apple	19 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick
	21 H Italian Sub Chicken Salad	22 Omelette / Roll Hashbrown Sausage Patty Cucumbers Fresh Carrots Apple	23 Nachos Black Beans Lettuce /Tomatoes Fresh Carrots Orange Cheez-It	24 	25 Chicken Alfredo Broccoli Salad Fresh Carrots Orange	26 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
	28 P Ham Sub Crispy Chicken Salad	29 Chicken Tenders Mashed Potato Fresh Carrots White Beans Apple	30 Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Fresh Carrots Egg Roll Applesauce	1 Stromboli Meat Lover Salad Cucumbers Fresh carrots Applesauce	2 Chicken Parm W Pasta Hot Carrots Salad Cucumbers Apple	3 Pepperoni Pizza Yogurt Fresh Carrots Salad Sidekick
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\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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