

***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 High School - Lunch Menu – March 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 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	2
	L Turkey Sub Chicken Salad					
	3 T Italian Sub Chef Salad	4 Corn Dog Fresh Carrots Green beans Potato wedges Apple	5 Taco Black Beans Fresh Carrots Lettuce Tomato Peaches	6 Boneless Chicken Wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	7 Chicken Alfredo Broccoli Fresh Carrots Salad Applesauce	8 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
	10 G Ham Sub Turkey Salad	11 Stromboli Meat Lovers Cucumbers Fresh Carrots Salad Hot Apples	12 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple Roll	13 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	14 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Cucumbers Sidekick	15 Professional Duty Day 16
	17					23
	24/31 M Turkey Sub Crispy Chicken Salad	25 Chicken Wings / Roll Tater Tots Fresh carrots Cucumbers Mandarin Oranges	26 Cheeseburger Broccoli Cucumber Spiral potato Orange	27 Chicken Parm Sandwich White Beans Potato Cubes Apple	28 Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	29

