


**\*Healthy tip of the month :**

**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 2017

|   | Mon                                  | Tue  | Wed   | Thu   | Fri   | Sat  |
|---|--------------------------------------|--|---|---|---|--|
|   |                                      |  |   |   |   | 1  |
| Milk is served with every lunch.                              | 2                                    | 3  | 4   | 5   | 6   | 7  |
| Menu subject to change.                                       | P<br>Turkey Sub<br>Chicken<br>Salad  | Breaded Steak<br>Mashed Potatoes<br>Broccoli<br>Orange<br>Roll                     | Chicken Nuggets<br>Spiral Potato<br>Corn<br>Peaches                                   | Pasta w/ Chicken<br>Parmesan<br>Salad<br>Hot Carrots<br>Apple                   | Cheese Pizza<br>Cucumbers<br>Salad<br>Sidekick        | <b>Early Dismissal</b>                             |
| Lunch \$3.25<br>Salad Combo \$3.25<br>Sandwich Combo \$3.25   | 9                                    |  |   |   |   | 15   |
| Breads/Buns are whole grain rich.                             | 16                                   | 17   | 18  | 19  | 20  | 21   |
| <b>Sandwiches &amp; Salads will not be made for Pizza Day</b> | K<br>Ham Sub<br>Chef Salad           | <b>No School</b>   | Corn Dog<br>Mac & Cheese<br>Cucumbers<br>Hot Carrots<br>Pineapple                     | Chicken Nuggets<br>Spiral Potato<br>Hot Carrots<br>Mandarin Orange              | Chicken Alfredo<br>Broccoli<br>Salad<br>Apple<br>Roll | Cheese Pizza<br>Cucumbers<br>Salad<br>Sidekick     |
|   | 23                                   | 24   | 25  | 26  | 27  | 28   |
|   | J<br>Italian Sub<br>Chicken<br>Salad | Chicken wings<br>Baked Beans<br>Spiral Potato<br>Mandarin Oranges                  | Grilled Ckn. Strips<br>Rice / Tortilla<br>Black Beans<br>Plantain<br>Lettuce / Tomato | Sloppy Joe<br>Sweet Potato<br>Green beans<br>Orange                             | Chicken Alfredo<br>Broccoli<br>Salad<br>Apple         | Cheese Pizza<br>Sidekick<br>Fresh Carrots<br>Salad |
|   | 30                                   | 1  | 2   | 3   | 4   | 5  |
|   | F<br>Turkey Sub<br>Chef Salad        | Nachos<br>Black Beans<br>Lettuce<br>Tomato<br>Orange                               | Hot Dog<br>Potato Cubes<br>Green Beans<br>Hot Apples                                  | Breaded Chicken<br>Sandwich<br>Hot Carrots<br>Spiral Potato<br>Mandarin Oranges | Chicken Alfredo<br>Broccoli<br>Salad<br>Apple<br>Roll | Cheese Pizza<br>Cucumbers<br>Salad<br>Sidekick     |
|   |                                      |  |   |   |   | 6  |



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