

***Healthy tip of the month :**

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetable. Make half of your plate fruits and vegetable, fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Watch portion sizes, get out the measuring cups and see how close your portions are to the recommended serving size. Fix healthy snacks, healthy snacks can sustain your energy level between meals. Preparing foods at home can be healthy, rewarding and cost-effective. Quench your thirst by drinking water instead of sugary drinks. Cut back on sugars, foods with added sugars can contribute empty calories and little or no nutrition. Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

Oasis Middle School - Lunch Menu – March 2017

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	C			1	2	3
Menu subject to change.	Turkey Sub Chef Salad			Corn Dog Mac & cheese Green beans Cucumbers Apple	Chicken Parmesan Hot Carrots Salad Apple	Cheese Pizza Sidekick Cucumbers Salad
Lunch \$3.25 Salad Combo \$3.25 Sandwich Combo \$3.25	5	6	7	8	9	10
Breads/Buns are whole grain rich.	N	Boneless Chicken Wings Sweet Potato Fries White beans Peaches	Hamburger slider Mac & Cheese Green Beans Lettuce / Tomatoes Orange	Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin Orange	Chicken Alfredo Broccoli Salad Apple Roll	Cheese Pizza Sidekick Cucumbers Salad
Sandwiches & Salads will not be made for Pizza Day	12	13	14	15	16	17
	H	Cheese Calzone Cucumbers Salad Mandarin Orange Marinara sauce	Cheeseburger Lettuce Tomatoes Tater Tots Orange	Frittata Hash Brown Sausage Cucumbers Apple Juice	Cheese Pizza Sidekick Cucumbers Salad	Professional Duty Day
March 6 thru 10 National School Breakfast Week	Italian Sub Chef Salad					
	19	20	21	22	23	24
	T	Breaded Steak Mac & cheese Hot carrots Salad Orange	Tacos Black Beans Lettuce / Tomato Mandarin Orange	Early Dismissal	Chicken Nuggets Mashed Potato Broccoli Peaches Roll	Cheese Pizza Sidekick Fresh Carrots Salad
	Turkey Sub Chicken Salad					
	26	27	28	29	30	31
	A	Boneless Chicken Wings Mashed Potato White beans Orange	Meatball sub Hot Carrots Tater tots Peaches	Grilled Chicken Sandwich Spiral Potato Green beans Applesauce	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Juice cup Cucumbers Salad
	Ham Sub Chef Salad					1



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