

***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 – April 2025

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
	M Ham Sub Chef Salad	 1 Boneless Chicken Wings / Roll Fresh Carrots Cucumbers / Tater Tots Mandarin Oranges	2 Breaded Chicken Sandwich Potato Cubes White Beans Apple	3 Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	4 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	5
	6 P Turkey Sub Chicken Salad	7 Chicken Tenders Mashed Potato Fresh Carrots White Beans Apple	8 Veg. Fried Rice Pop Corn Chicken Broccoli Cucumbers Fresh Carrots Egg Roll Applesauce	9 Stromboli Meat Lover Salad Cucumbers Fresh carrots Applesauce	10 Chicken Parm W Pasta Hot Carrots Salad Cucumbers Apple	11 Pepperoni Pizza Yogurt Fresh Carrots Salad Sidekick
	13 G/ F Italian Sub Turkey Salad	14 Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Hot Apples	15 Nachos Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-it Orange	16 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple Roll	17 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Cucumber Sidekick	18  19
	20 O / J Ham Sub Chef Salad	21 	22 Boneless Chicken Wings / Roll Spiral Potato Baked Beans Mandarin Oranges	23 Meatball Sub Green Beans Tater Tots Fresh Carrots Peaches	24 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	25 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick
	27 T Turkey Sub Crispy Chicken Salad	28 Corn Dog Green Beans Potato Wedges Apple	29 Taco Black Beans Fresh Carrots Lettuce / Tomato Peaches	30 Boneless Chicken Wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	1 Chicken Alfredo Broccoli Fresh Carrots Salad Applesauce	2 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
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