

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

OEN & OES - LUNCH MENU - MARCH 2026

Milk is served with every lunch.

Breads/Buns are whole grain rich.

Lunch \$2.50

Salad Combo & Sub Combo \$2.50

Subs and Salads will not be made for Pizza days.

Menu Subject to Change



	Mon	Tue	Wed	Thu	Fri	Sat	
1	G Ham Sub Chicken Salad	2 Meatlover Stromboli Hot Carrots Romaine Salad Cucumbers Banana Marinara	3 Chicken Tenders WG Roll Mashed Potatoes Apples Cucumbers Fresh Carrots	4 Cheeseburger Organic Veggie Medley French Fries Romaine Salad Oranges	5 Chicken Alfredo WG Roll Broccoli Romaine Salad Apple	6 Cheese Pizza Cucumbers Romaine Salad Sidekick Fresh Carrots	7
8	T Turkey Sub Chef Salad	9 Boneless Wings WG Roll Mashed Potato Broccoli Oranges	10 Taco (Beef) Organic Black Beans Lettuce Tomatoes Banana	11 Corn Dog Green Beans Fresh Carrots Potato Cubes Fresh Melons	12 Cheese Pizza Sidekicks Romaine salad Fresh Carrots	13 No School	14
15							21
22	L/K Italian Sub Chicken Salad	23 French Toast (3) Sausage Links(2) Potato Cubes Hot Carrots Apples Apple Juice	24 Chicken Tenders Green Beans Mashed Potatoes Romaine Salad Orange Slices	25 Cheeseburger Veggie Mix Spiral Potatoes Let/tom Apples/Cucumbers	26 Chicken alfredo Broccoli Fresh carrots Romaine Salad Banana	27 Cheese Pizza Cucumbers Romaine Salad Sidekick	28
29	V Ham Sub Chef Salad	30 BBQ Pulled Chicken WG Roll Potatoe Cubes Organic Veggie Mix Oranges/ cucumbers	31 Meatball Sub Green Beans Tater Tots Fresh Carrots Orange Slices	1 Boneless Chicken Sweet Potato Fries Romaine Salad Cucumbers/carrots Banana	2 Penne Pasta W/ Meat Sauce Hot Carrots Salad/ Cucumber Apples/WG Roll	3 Cheese Pizza Cucumber Romaine Salad Sidekick Carrots	4

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***Healthy tip of the Month:**

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** 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 levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time

Oasis Campus & Oasis Elementary North -Breakfast Menu– March 2026

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75							
Breakfast is served Monday-Friday							
OEN 7:45am-8:15am	1 L	2 Banana Bread Cheese Stick Oranges Juice	3 Bagel Orange Apple Juice Cream Cheese	4 Mini Cinni Yogurt Banana Juice	5 Ham, Egg & Cheese English Muffin Sand. Apple Juice	6 Cereal Yogurt Apples Juice	7
OES 8:00am-8:30am							
Middle School 7:10am-7:35am	8	9 Pancake Wrap Oranges Juice Syrup	10 Muffin Yogurt Melons Juice	11 Sausage Biscuit Apples Juice	12 Mini Cinni Yogurt Oranges Juice	13 No School	14
High School 6:30am-7:00am	G						
Start your day with a healthy breakfast.							
Breakfast \$1.25							
Menu Subject to change							
	15						
	22	23 Blueberry Muffin Yogurt Apples Juice	24 Omelette Hashbrown Yogurt Orange Slices Juice	25 Egg Bacon Cheese Bagel topper Grapes Juice	26 Bagel Cream cheese Cheese Stick Banana Juice	27 Cereal Yogurt Apples Juice	28
	29	30 Sausage Biscuit Fresh Melons Juice	31 Omelette Hashbrown Banana Juice	1 French Toast Sausage Grapes Juice Syrup	2 Egg,Sausage cheese wrap Orange slices Juice	3 Cereal Yogurt Apples Juice	4

