### OCEANSIDE HIGH SCHOOL MENU
#### MARCH 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>2</td>
<td>3</td>
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<td>5</td>
<td>6</td>
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<tr>
<td>CHICKEN SMACKERS</td>
<td>MEATBALL HERO</td>
<td>STRIPS OF FIRE</td>
<td>TWIN TACOS</td>
<td>MOZZARELLA STICKS</td>
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<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
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<tr>
<td>CHICKEN NUGGETS</td>
<td>GRILLED CHEESE</td>
<td>STRIPS OF FIRE</td>
<td>HAMBURGER OR CHEESEBURGER</td>
<td>MOZZARELLA STICKS</td>
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<td>16</td>
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<tr>
<td>GRILLED CHEESE</td>
<td>TWIN TACOS PICK YOUR TOPPINGS</td>
<td>STRIPS OF FIRE</td>
<td>TWIN HOT DOGS</td>
<td>MOZZARELLA STICKS</td>
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<tr>
<td>23</td>
<td>24</td>
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<tr>
<td>POPCORN CHICKEN</td>
<td>CALZONES</td>
<td>STRIPS OF FIRE</td>
<td>HAMBURGER OR CHEESEBURGER</td>
<td>MOZZARELLA STICKS</td>
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<td>30</td>
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<tr>
<td>CHICKEN TERIYAKI BITES</td>
<td>MEATBALL PARM HERO</td>
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**WHAT IS A COMPLETE LUNCH?**
Take at least 3 out of 5!
A complete lunch consists of at least 3 of the 5 components offered:
1. Meat/Meal Alternate
2. Vegetable
3. Fruit or 100% fruit juice
4. Grain
5. Milk

**ALTERNATIVE ENTREES**
**AVAILABLE Mon. - Fri.**
- CHEF SALAD
- TURKEY SANDWICH
- PEANUT BUTTER & JELLY
- CHEESE SANDWICH
- TUNA SANDWICH
- YOGURT PARFAIT
- WHOLE WHEAT PIZZA
- CHICKEN PATTY
- CHEF SALAD

**BOAR’S HEAD DELI BAR—$4.50**

**DID YOU KNOW...?**
LUNCH IS A MEAL!
Kids who take sides, eating fruits & veggies with their entrée, are more satisfied and have more energy to get through a busy day!

**STUDENT LUNCH IS $2.90**
The school lunch office can be reached at 516-678-7548
Online Payments & Account Information is available at www.myschoolbucks.com

This institution is an equal opportunity provider and employer.