

*Healthy tip of the month -

Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options they can have - encouraging your family to chose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods

Oasis High School - Lunch Menu – May 2021

Milk and Juice is served with every lunch.

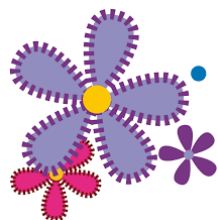
Menu subject to change.

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.



	Mon	Tue	Wed	Thu	Fri	Sat
2 O Ham Sub Chicken Salad	3 Hot Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	4 Meatball Sub Green Beans Tater Tots Fresh Carrots Pineapple	5 Taco Black Beans Lettuce Tomatoes Fresh Carrots Orange	6 Chicken Alfredo Salad Broccoli Fresh Carrots Apple	7 Pepperoni Pizza Yogurt Cucumber Salad Sidekick	8
9 P Turkey Sub Chef Salad	10 Chicken Tenders White Beans Mashed Potato Fresh Carrots Apple Roll	11 Stromboli Meat Lover Fresh Carrots Cucumbers Salad Applesauce	12 Veg. Fried Rice Chicken Egg Roll Broccoli /Cucumbers Fresh Carrots Applesauce	13 Pasta with meat sauce Hot Carrots Cucumbers Salad Apple	14 Pepperoni Pizza Yogurt Sidekick Fresh Carrots Salad	15
16 K Italian Sub Turkey Salad	17 Ham & Cheese Pocket Potato cubes Cucumbers Salad Fresh Carrots Apple	18 Nachos Cheez -It Black Beans Lettuce / Tomatoes Fresh Carrots Orange	19 Boneless Chicken Wings / Roll White beans Mashed Potato Fresh Carrots Mandarin oranges	20 Chicken Alfredo Salad Broccoli Fresh Carrots Apple	21 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	22
23 G Ham Sub Crispy Chicken Salad	24 Stromboli Meat Lover Cucumber Salad Fresh Carrots Hot Apple	25 BBQ Pulled Pork Sandwich Tater Tots Cucumbers Fresh Carrots Mandarin Orange	26 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	27 Chicken Tenders Mashed Potato Fresh Carrots White Beans Apple Roll	28 Pepperoni Pizza Yogurt Cucumber Fresh Carrots Salad Sidekick	29
30	31	 				

*Available online to make payments or check account balances: myschoolbucks.com

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Menus are subject to change due to availability