

***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 2019

Milk and Juice is served with every lunch.

Menu subject to change.





Lunch \$3.25

Salad Combo \$3.25

Sandwich Combo \$3.25

Breads/Buns are whole grain rich.



	Mon	Tue	Wed	Thu	Fri	Sat
	N Ham Sub Chef Salad			1 Hamburger Slider Spiral Potato Fresh Carrots Lettuce Tomatoes Orange	2 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	3 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
5	T Turkey Sub Chicken Salad	6 Breaded Steak Mashed Potato Broccoli Fresh Carrots Applesauce Roll	7 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Peaches	8 Corn dog Mac & cheese Green beans Cucumbers Fresh Carrots Apple	9 Boneless Chicken Wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	10 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
12	A Italian Sub Chef Salad	13 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Orange Roll	14 Italian Grilled Chicken Sandwich Spiral Potato Green Beans Fresh Carrots Orange	15 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	16 Meatball Sub Tater Tots Green Beans Fresh Carrots Peaches	17 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick
19	F Ham Sub Chicken Salad	20 Hot Dog Cheez It Fresh Carrots Green Beans Potato Cubes Hot Apples	21 Nachos Black Beans Lettuce / Tomatoes Granola Bar Fresh Carrots Orange	22 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potato Mandarin Orange	23 Chicken Alfredo Fresh Carrots Broccoli Salad Orange Roll	24 Pepperoni Pizza Yogurt Fresh Carrots Cucumbers Salad Sidekick
26	27	28	29	30	31	
		Manager Choice	Early Release 	Early Release 	Professional Duty Day	

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

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