

**\*Healthy tip of the month -**

Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.



# Oasis Elementary - Lunch Menu – February 2019

Milk is served with every lunch.

Menu subject to change.

**Lunch \$3.25**

Breads/Buns are whole grain rich.

**OES offers**

**Salad Combo & Sandwich Combo \$3.25**



	Mon	Tue	Wed	Thu	Fri	Sat
	N Ham Sub Chef Salad					2 1 Cheese Pizza Sidekick Cucumbers Salad
3 A Turkey Sub Chicken Salad	4 Chicken Nuggets Mashed Potato White Beans Orange	5 Italian Grilled Chicken Sandwich Spiral Potato Green Beans Applesauce	6 Meatball Sub Tater Tots Hot Carrots Pineapple	7 Chicken Alfredo Broccoli Salad Apple Roll	8 Cheese Pizza Cucumbers Salad Sidekick	9
10 T Italian Sub Chef Salad	11 Boneless Chicken Wings / Roll Broccoli Tater Tots Peaches	12 Breaded Steak Mashed Potato Salad Applesauce Roll	13 Tacos Black Beans Lettuce Tomatoes Mandarin Orange	14 Corn dog Mac & cheese Green beans Fresh Carrots Apple	15 Cheese Pizza Fresh Carrots Salad Sidekick	16
17 K Ham Sub Chicken Salad	18 	19 Teacher In Service	20 French Toast Sausage Potato Cubes Cucumbers Apple Juice / Syrup	21 Chicken Alfredo Broccoli Salad Apple Roll	22 Cheese Pizza Cucumbers Salad Fresh Carrots Sidekick	23
24 P Turkey Sub Chef salad	25 Chicken Nuggets Spiral Potato White Beans Peaches	26 Hamburger Potato Cubes Broccoli Lettuce Tomato Applesauce	27 Breaded Steak Mashed Potato Broccoli Orange	28 Chicken Parmesan Hot Carrots Salad Apple	1 Cheese Pizza Cucumbers Salad Sidekick	2

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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