

***Healthy tip of the month -**

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association

Oasis High School - Lunch Menu – October 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
J Turkey Sub Chicken Salad					1 2 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick
3 M Ham Sub Turkey Salad	4 Boneless Chicken Wings / Roll Tater Tots Fresh carrots Cucumbers Mandarin Oranges	5 Cheeseburger Broccoli Cucumber Spiral potato Orange	6 Breaded Chicken Sandwich White beans Potato Cubes Apple	7 Pasta w/ Meat sauce Hot Carrots Salad Orange	8 9 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
10 K Italian Sub Chef Salad	11 Nacho / Cheez-It Black Beans Lettuce Tomatoes Fresh Carrots Orange	12 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Roll Mandarin Oranges	13 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	14 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	15 16 Professional Duty Day
17 P Turkey Sub Crispy Chicken Salad	18 Meat Lover Stromboli Cucumbers Salad Fresh Carrots Applesauce	19 Vegetarian Fried Rice Chicken / Egg Roll Broccoli / Cucumbers Fresh Carrot Applesauce	20 Professional Duty Day Early release	21 Chicken Tenders Mashed Potato White Beans Fresh Carrots Roll Apple	22 23 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
24 / 31 R Ham Sub Turkey Salad	25 Ham & Cheese Pocket Potato cubes Fresh Carrots Salad Pineapple	26 Cheeseburger Cucumbers Tater Tots Apple	27 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Orange	28 Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches	29 30 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick

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

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