

***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 2023

	Mon	Tue	Wed	Thu	Fri	Sat
1 G Ham Sub Chef Salad	2 Stromboli Meat Lovers Cucumbers Fresh Carrots Salad Hot Apples	3 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple Roll	4 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	5 BBQ Grilled Chicken Sandwich Fresh Carrots Cucumbers Tater Tots Mandarin	6 Pepperoni Pizza Yogurt Cucumber Fresh Carrots Salad Sidekick	7
8 T Turkey Sub Chicken Salad	9 Corn Dog Fresh Carrots Green beans Potato Wedges Apple	10 Taco Black Beans Fresh Carrots Lettuce Tomato Peaches	11 Boneless Chicken Wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	12 Chicken Alfredo Broccoli Fresh Carrots Salad Applesauce	13 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	14
15 O Italian Sub Turkey Salad	16 Professional Duty Day	17 Hot Dog Mac & Cheese Cucumbers Hot Carrots \Salad Pineapple	18 Chicken Alfredo Broccoli Salad Fresh carrots Apple	19 Meatball Sub Green beans Fresh Carrots Tater Tots Peaches	20 Pepperoni Pizza Yogurt Sidekick Cucumber / Salad Homecoming Pep Rally Lunch Start at 9:15	21
22 K Ham Sub Crispy Chicken Salad	23 Chicken Tenders Mashed Potatoes White Beans / Roll Fresh Carrots Mandarin Oranges	24 Nachos Black Beans Lettuce Tomatoes Fresh Carrots Orange / Cheez-It	25 	26 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	27 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	28
29 J Turkey Sub Chicken Salad	30 Boneless Chicken Wings / Roll Spiral Potato Baked Beans Mandarin Oranges	31 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	1 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Apple	2 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Orange	3 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick	4

Milk and Juice is served with every lunch.

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.

Menu subject to change.



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