

**\*Healthy tip of the month - Get your entire family involved**

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 2018

		Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.	L	1	2	3	4	5	6
	Turkey Sub Chef Salad	Chicken Nuggets Sweet Potato Fries White Beans Peaches Roll	Corn Dog Mac & Cheese Broccoli Fresh Carrots Salad Orange	French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple / Syrup	Cheese Stuffed Shells Broccoli Salad Apple Hot Roll	Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	
Menu subject to change.	7	8	9	10	11	12	13
	M Italian Sub Chicken Salad	Breaded Chicken Sandwich White Beans Tater Tots Peaches	Chicken Nuggets Sweet Potato Fries Broccoli Mandarin Orange Roll	BBQ Grilled Chicken Sandwich Cucumbers Fresh Carrots Tater Tots Mandarin Orange	Pasta w/ Meat Sauce Fresh Carrots Salad Orange Roll	Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	
<b>Lunch \$3.25</b>							
<b>Salad Combo \$3.25</b>							
<b>Sandwich Combo \$3.25</b>	14	15	16	17	18	19	20
	T Ham Sub Chef Salad		Boneless Chicken Wings Mashed Potato Broccoli Fresh Carrots Peaches	Tacos Black Beans Lettuce Tomatoes Fresh Carrots Peaches	Breaded Steak Mashed Potato Broccoli Fresh Carrots Applesauce Roll	Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	
Breads/Buns are whole grain rich.	21	22	23	24	25	26	27
	F Turkey Sub Chicken Salad	Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potato Mandarin Orange	Chicken Alfredo Fresh Carrots Broccoli Salad Orange Roll	<b>Early Dismissal Day</b>	Hot Dog Cheez It Fresh Carrots Green Beans Potato Cubes Hot Apples	Pepperoni Pizza Yogurt Fresh Carrots Cucumbers Salad Sidekick	
	28	29	30	31	1	2	3
	J Italian Sub Chef Salad	Boneless Chicken Wings Spiral Potato Green Beans Mandarin Orange	Grilled Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomatoes Hot Apples	Chicken Alfredo Broccoli / Salad Fresh Carrots Orange Roll	Pancake Wrap Sausage Patty Potato Cubes Cucumbers / Carrots Orange	Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	

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