

***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 choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods

Oasis Middle School - Lunch Menu – May 2021

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.50

Salad Combo & Sub Combo \$3.50

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.



	Mon	Tue	Wed	Thu	Fri	Sat
2 O Ham Sub Chicken Salad	3 Hot Dog Mac & Cheese Cucumber Hot Carrots Pineapple	4 Meatball Sub Green Beans Tater Tots Pineapple	5 Taco Black Beans Lettuce Tomatoes Orange	6 Chicken Alfredo Broccoli Salad Peaches	7 Cheese Pizza Salad Cucumbers Sidekick	8
9 P Turkey Sub Chef Salad	10 Chicken Tenders White Beans Spiral Potato Orange	11 Stromboli Meat Lover Fresh Carrots Cucumbers Salad Hot Apples	12 Vegetarian Fried Rice Chicken Egg Roll Broccoli Cucumbers Apple	13 Pasta with meat sauce Hot Carrots Salad Apple	14 Cheese Pizza Sidekick Cucumbers Salad	15
16 K Italian Sub Turkey Salad	17 Ham & Cheese Pocket Potato Cubes Cucumbers Salad Apple	18 Nachos Black Beans Lettuce Tomatoes Orange	19 Boneless Chicken Wings White beans Mashed Potato Mandarin oranges	20 Chicken Alfredo Salad Broccoli Apple	21 Cheese Pizza Salad Cucumbers Fresh Carrots Sidekick	22
23 G Ham Sub Crispy Chicken Salad	24 Stromboli Meat Lover Cucumber Salad Hot Carrots Hot Apples	25 BBQ Pulled Pork Sandwich Tater Tots Baked Beans Mandarin Orange	26 Cheeseburger Spiral Potato Salad Orange	27 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	28 Cheese Pizza Cucumber Salad Sidekick	29
30	31					



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Menus are subject to change due to availability**