*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 chose 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

Wed

Tue

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.

3 Hot Dog Mac & Cheese Cucumber Hot Carrots Pineapple 10 Chicken Tenders	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
Chicken Tenders	11				
White Beans Spiral Potato Orange	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
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
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
	Spiral Potato Orange 17 Ham & Cheese Pocket Potato Cubes Cucumbers Salad Apple 24 Stromboli Meat Lover Cucumber Salad Hot Carrots	Spiral Potato Orange Spiral Potato Orange Cucumbers Salad Hot Apples 17 Ham & Cheese Pocket Potato Cubes Cucumbers Salad Apple 24 Stromboli Meat Lover Cucumber Salad Hot Apples 25 Stromboli Meat Lover Cucumber Salad Tater Tots Hot Carrots Fresh Carrots Fresh Carrots Fresh Carrots Fresh Carrots Fresh Carrots Fresh Carrots	Spiral Potato Orange Spiral Potato Orange Cucumbers Salad Hot Apples Table Pocket Pocket Potato Cubes Cucumbers Black Beans Potato Cubes Cucumbers Black Beans Potato Cubes Cucumbers Tomatoes Mashed Potato Salad Apple 24 25 Stromboli Meat Lover Cucumber Sandwich Salad Hot Carrots Baked Beans Strog Roll Broccoli Cucumbers Apple 19 Boneless Chicken Wings Wings Mashed Potato Mashed Potato Cheeseburger Spiral Potato Salad Fater Tots Salad Hot Carrots Baked Beans Orange	Spiral Potato Orange Cucumbers Salad Hot Apples Tesh Carrots Cucumbers Salad Cucumbers Apple 17 18 19 20 Ham & Cheese Nachos Pocket Black Beans Potato Cubes Cucumbers Cucumbers Tomatoes Salad Apple 20 Ham & Cheese Nachos Boneless Chicken Chicken Alfredo Salad Potato Cubes Cucumbers Tomatoes Mashed Potato Salad Apple 24 25 Stromboli Meat Lover Cucumber Sandwich Spiral Potato Spiral Potato Mac & Cheese Salad Tater Tots Salad Cucumbers Salad Cucumbers Salad Cucumbers Salad Cucumbers Sandwich Spiral Potato Mac & Cheese Cucumbers Salad Cucumbers Salad Cucumbers Cucumbers Salad Cucumbers Salad Cucumbers Salad Cucumbers Cucumbers Salad Cucumbers Cucumbers Salad Cucumbers Cucumbers Salad Cucumbers Cucumbers Cucumbers Salad Cucumbers	Spiral Potato Orange Spiral Potato Orange Cucumbers Salad Cucumbers Salad Cucumbers Apple 17 18 19 20 21 Ham & Cheese Pocket Black Beans Potato Cubes Cucumbers Cucumbers Apple Salad Potato Cubes Cucumbers Salad Apple 20 21 Chicken Alfredo Cheese Pizza Salad Salad Salad Salad Cucumbers Cucumbers Cucumbers Cucumbers Salad Apple 25 26 27 28 Stromboli Meat Lover BBQ Pulled Pork Cheeseburger Cucumber Sandwich Spiral Potato Mac & Cheese Cucumber Salad Tater Tots Salad Cucumbers Salad Cucumbers Salad Cucumbers Salad Cucumbers Salad Cucumbers Salad Cucumber Salad Cucumbers Salad





Mon



Thu

Sat