

***Healthy tip of the month -**

Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet



Oasis High School - Lunch Menu – February 2018

Milk and Juice is served with every lunch.

Menu subject to change.



Lunch \$3.25

Salad Combo \$3.25

Sandwich Combo \$3.25

Breads/Buns are whole grain rich.



	Mon	Tue	Wed	Thu	Fri	Sat
	F Ham Sub Chef Salad				1 Chicken Alfredo Broccoli / Salad Fresh Carrots Orange Roll	2 Pepperoni Pizza Yogurt Cucumbers Salad Fresh Carrots
	4 P Italian Sub Chicken Salad	5 Breaded Steak Mashed Potatoes Broccoli Applesauce Roll	6 Pasta With Chicken Parmesan Salad Cucumbers Hot Carrots Apple	7 Early Dismissal	8 Salisbury Steak / Roll Mashed Potato White beans Cucumber Fresh Carrots Applesauce	9 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick
	11 M Turkey Sub Chef Salad	12 Chicken Nuggets Sweet Potato Broccoli Mandarin Oranges Roll	13 Breaded Chicken Sandwich White Beans Tater Tots Peaches	14 Pasta with Meat Sauce Salad Fresh Carrots Orange Roll	15 BBQ Grilled Chicken Sandwich Cucumbers Fresh Carrots Tater Tots Mandarin Oranges	16 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick
	18 T Ham Sub Chicken Salad	19 	20 Teacher In service Day	21 Boneless Chicken wings / Rolls Mashed Potato Broccoli Fresh Carrots Peaches	22 Corn Dog Mac & cheese Green Beans Fresh Carrots Cucumbers Apple	23 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick
	25 N Italian Sub Chef Salad	26 Boneless Chicken Wings /Fresh Carrots Mashed Potato White beans Peaches Roll	27 Hamburger Slider Mac & Cheese Green Beans Fresh Carrots Lettuce / Tomatoes Orange	28 Breaded Chicken Sandwich Tater Tots Broccoli Fresh Carrots Mandarin Orange	1 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	2 Pepperoni Pizza Cheese Stick Cucumbers Salad sidekick

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

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