

***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 2019

Milk 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.

Sandwiches and salads will not be made for Pizza days.



	Mon	Tue	Wed	Thu	Fri	Sat
	N Ham Sub Chef Salad		1 Hamburger Slider Spiral Potato Green Beans Lettuce Tomatoes Orange	2 Chicken Alfredo Broccoli Salad Fresh Apple Roll	3 Cheese Pizza Sidekick Cucumbers Salad	4
5	T Turkey Sub Chicken Salad	6 Breaded Steak Mashed Potato Salad Orange Roll	7 Tacos Black Beans Lettuce Tomatoes Mandarin Orange	8 Corn dog Mac & cheese Green beans Fresh Carrots Apple	9 Boneless Chicken Wings / Roll Broccoli Fresh Carrots Tater Tots Peaches	10 Cheese Pizza Fresh Carrots Salad Sidekick
12	A Italian Sub Chef Salad	13 Chicken Nuggets Mashed Potato White Beans Orange	14 Italian Grilled Chicken Sandwich Spiral Potato Green Beans Applesauce	15 Chicken Alfredo Broccoli Salad Apple Roll	16 Meatball Sub Tater Tots Hot Carrots Peaches	17 Cheese Pizza Cucumbers Salad Sidekick
19	F Ham Sub Chicken Salad	20 Hot Dog Green beans Potato Cubes Hot Apple	21 Nachos Black Beans Lettuce Tomatoes Orange	22 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	23 Chicken Alfredo Broccoli Salad Apple Roll	24 Cheese Pizza Cucumbers Salad Sidekick
26 Roll	27 	28 Manager Choice	29 Early Dismissal	30 Early Dismissal	31 Professional Duty Day	1

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

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