

**\*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 there are -- encouraging your family to choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.



# Oasis High School - Lunch Menu – May 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
	J Ham Sub Chef Salad	1 Grilled Ckn. Strips Rice / Tortilla Black Beans Lettuce / Tomato Fresh Carrots Hot Apples	2 Pancake Wrap Sausage / Syrup Spicy Potato Cucumbers Fresh Carrots Orange	3 Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	4 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick	5
	6 K Turkey Sub Chicken Salad	7 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Mandarin Oranges	8 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple	9 Corn Dog Mac & cheese Green Beans Fresh Carrots Cucumbers Pineapple	10 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	11 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick
	13 B Italian Sub Chef Salad	14 Corn Dog Green Beans Fresh Carrots Potato Cubes Hot Apple	15 Cheeseburger Broccoli Fresh Carrots Sweet Potatoes Fries Mandarin Orange	16 Pasta with Meat Sauce Salad Cucumbers Apple Roll	17 Tacos Black Beans Lettuce Tomatoes Orange	18 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick
	20 P Ham Sub Chicken Salad	21 Chicken Nuggets Spiral Potato Hot Carrots Cucumbers Peaches Roll	22 Pasta With Chicken Parmesan Salad Cucumbers Hot Carrots Apple	23 Manager Choice	24 Manager Choice	25 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick
	27	28 	29 Early Dismissal	30 Early Dismissal	31 	

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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