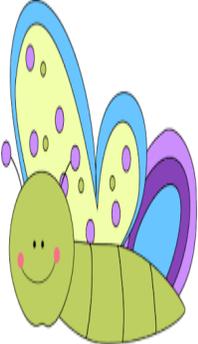


*Healthy tip of the month -

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 & Christa McAuliffe Elementary - Lunch Menu – May 2019

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch. Menu subject to change.	N Ham Sub Chef Salad		1 Hamburger Slider Potato Cubes Green Beans Lettuce Tomatoes	2 Chicken Alfredo Broccoli Salad Fresh Apple Roll	3 Cheese Pizza Sidekick Cucumbers Salad	4	
Lunch \$3.25 Breads/Buns are whole grain rich.	5 T Turkey Sub Chicken Salad	6 Breaded Steak Mashed Potato Salad Applesauce 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 Tater Tots Peaches	10 Cheese Pizza Fresh Carrots Salad Sidekick	11
OES & CME offers Salad Combo & Sub Combo \$3.25	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 Pineapple	17 Cheese Pizza Cucumbers Salad Sidekick	18
	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	25
	26	27 	28 Manager Choice	29 Turkey Sub Applesauce Cup Salad Cucumber	30 Ham Sub Applesauce Cup Salad Cucumber	31 Professional Duty Day	1

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