




**\*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 2019

	Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.	N Ham Sub Chef Salad					1 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots
Menu subject to change.	3 A Turkey Sub Chicken Salad	4 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Orange Roll	5 Meatball Sub Tater Tots Green Beans Fresh Carrots Peaches	6 Italian Grilled Chicken Sandwich Spiral Potato Green Beans Fresh Carrots Orange	7 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	8 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick
<b>Lunch \$3.25</b>						9
<b>Salad Combo \$3.25</b>						
<b>Sandwich Combo \$3.25</b>	10 T Italian Sub Chef Salad	11 Boneless Chicken Wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	12 Corn dog Mac & cheese Green beans Cucumbers Fresh Carrots Apple	13 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Peaches	14 Breaded Steak Mashed Potato Broccoli Fresh Carrots Applesauce Roll	15 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
Breads/Buns are whole grain rich.						16
	17 K Ham Sub Chicken Salad	18 	19 Teacher In Service	20 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple / Syrup	21 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	22 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
	24 P Turkey Sub Chef salad	25 Chicken Nuggets Spiral Potato Hot Carrots Cucumbers Peaches Roll	26 Hamburger Potato Cubes Broccoli Lettuce Tomato Applesauce	27 Chicken Parmesan Hot Carrots Cucumbers Salad Apple	28 Breaded Steak Mashed Potato White Beans Applesauce Roll	1 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
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\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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