




***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 chose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.

Oasis Middle School - Lunch Menu – May 2018

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	J Ham Sub Chef Salad	1 Grilled Ckn. Strips Rice Black Beans Lettuce / Tomato Plantain	2 Pancake Wrap Sausage Spicy Potato Cucumbers Apple Juice / Syrup	3 Chicken Alfredo Broccoli Salad Apple	4 Cheese Pizza Sidekick Fresh Carrots Salad	7
Menu subject to change.						
Lunch \$3.25	6 K Turkey Sub Chicken Salad	7 Chicken Nuggets Mashed Potato White Beans Mandarin Oranges	8 French Toast Sausage Potato Cubes Cucumbers Apple Juice	9 Corn Dog Mac & cheese Hot Carrots Cucumbers Pineapple	10 Chicken Alfredo Broccoli Salad Apple Roll	11 Cheese Pizza Salad Cucumbers Fresh Carrots Sidekick
Salad Combo \$3.25						
Sandwich Combo \$3.25	13 B Italian Sub Chef Salad	14 Corn Dog Green Beans Potato Cubes Hot Apple	15 Cheeseburger Corn Sweet Potatoes Mandarin Orange	16 Pasta with Meat Sauce Salad Apple Roll	17 Tacos Black Beans Lettuce Tomatoes Orange	18 Cheese Pizza Salad Cucumbers sidekick
Breads/Buns are whole grain rich.						21
Sandwiches and salads will not be made for Pizza days.	20 P Ham Sub Chicken Salad	21 Chicken Nuggets Spiral Potato Corn Peaches	22 Pasta With Chicken Parmesan Salad Hot Carrots Apple	23 Manager Choice	24 Manager Choice	25 Cheese Pizza Sidekick Cucumbers Salad
						28
	27	28 	29 Early Dismissal	30 Early Dismissal		

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