

***Healthy tip of the month - Get your entire family involved**

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association



Oasis Middle School - Lunch Menu – October 2018

		Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	L	1 Chicken Nuggets Sweet Potato Fries White beans Salad Orange / Roll	2 Corn Dog Mac & Cheese Broccoli Cucumbers Apple	3 French Toast / Syrup Sausage Potato Cubes Cucumbers Apple Juice	4 Cheese Stuffed Shells Broccoli Salad Peaches Hot Roll	5 Cheese Pizza Cucumbers Salad Sidekick	6
	Turkey Sub Chef Salad						
Menu subject to change.	7	8 Breaded Chicken Sandwich Potato Cubes cucumbers Pineapple	9 Cheeseburger Lettuce Tomatoes Spiral Potato Apple	10 Pasta w/ Meat Sauce Hot carrots Salad Peaches Roll	11 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Orange	12 Cheese Pizza Cucumbers Salad Sidekick	13
	M Italian Sub Chicken Salad						
Lunch \$3.25							
Salad Combo \$3.25							
Sandwich Combo \$3.25	14	15 	16 Boneless Chicken Wings Broccoli Tater Tots Peaches / Roll	17 Tacos Black Beans Lettuce Tomatoes Mandarin Orange	18 Breaded Steak Mashed Potato Salad Orange Roll	19 Cheese Pizza Fresh Carrots Salad Sidekick	20
	T Ham Sub Chef Salad						
Breads/Buns are whole grain rich.							
Sandwiches and salads will not be made for Pizza days.	21	22 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	23 Chicken Alfredo Broccoli Salad Apple Roll	24 Early Dismissal Day	25 Hot Dog Green beans Potato Cubes Hot Apple	26 Cheese Pizza Cucumbers Salad Sidekick	27
	F Turkey Sub Chicken Salad						
	28	29 Boneless Chicken Wings Hot Carrots Spiral Potato Mandarin Orange	30 Grilled Chicken Strips Rice / Tortilla Black Beans Lettuce / Tomatoes Plantain	31 Chicken Alfredo Broccoli Salad Apple Roll	1 Pancake Wrap Sausage Patty Potato cubes Cucumbers Apple Juice Syrup	2 Cheese Pizza Fresh Carrots Salad Sidekick	3
	J Italian Sub Chef Salad						

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