**\*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 Middle School - Lunch Menu – February 2019

Milk 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.

Sandwiches and salads will not be made for Pizza days.

| | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| N<br>Ham Sub<br>Chef Salad | | | | | 1<br>Cheese Pizza<br>Sidekick<br>Cucumbers<br>Salad | 2 |
| 3<br>A<br>Turkey Sub<br>Chicken Salad | 4<br>Chicken Nuggets<br>Mashed Potato<br>White Beans<br>Orange | 5<br>Italian Grilled<br>Chicken Sandwich<br>Spiral Potato<br>Green Beans<br>Applesauce | 6<br>Meatball Sub<br>Tater Tots<br>Hot Carrots<br>Peaches | 7<br>Chicken Alfredo<br>Broccoli<br>Salad<br>Apple<br>Roll | 8<br>Cheese Pizza<br>Cucumbers<br>Salad<br>Sidekick | 9 |
| 10<br>T<br>Italian Sub<br>Chef Salad | 11<br>Boneless Chicken<br>Wings<br>Broccoli<br>Tater Tots<br>Peaches<br>Fresh Carrots<br>Roll | 12<br>Breaded Steak<br>Mashed Potato<br>Salad<br>Orange<br>Roll | 13<br>Tacos<br>Black Beans<br>Lettuce<br>Tomatoes<br>Mandarin Orange | 14<br>Corn dog<br>Mac & cheese<br>Green beans<br>Fresh Carrots<br>Apple | 15<br>Cheese Pizza<br>Fresh Carrots<br>Salad<br>Sidekick | 16 |
| 17<br>K<br>Ham Sub<br>Chicken Salad | 18<br>HAPPY PRESIDENTS DAY! | 19<br>Teacher In Service | 20<br>French Toast<br>Sausage<br>Potato Cubes<br>Cucumbers<br>Apple Juice / Syrup | 21<br>Chicken Alfredo<br>Broccoli<br>Salad<br>Apple<br>Roll | 22<br>Cheese Pizza<br>Cucumbers<br>Salad<br>Fresh Carrots<br>Sidekick | 23 |
| 24<br>P<br>Turkey Sub<br>Chef salad | 25<br>Chicken Nuggets<br>Spiral Potato<br>Corn<br>Peaches | 26<br>Hamburger<br>Potato Cubes<br>Broccoli<br>Lettuce<br>Tomato<br>Applesauce | 27<br>Breaded Steak<br>Mashed Potato<br>White Beans<br>Orange<br>Roll | 28<br>Chicken Parmesan<br>Hot Carrots<br>Salad<br>Apple | 1<br>Cheese Pizza<br>Cucumbers<br>Salad<br>Sidekick | 2 |