

\*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

## Christa McAuliffe & Oasis Elementary - Lunch Menu – October 2019

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch. Menu subject to change.	P Turkey Sub Chef salad	 1 Boneless Ckn. Wings Spiral Potato White Beans Peaches	2 Stromboli meat Lover Fresh Carrots Salad Cucumber Marinara Sauce Hot Apple	3 Veg. Fried Rice Chicken Broccoli Cucumbers Egg Roll Applesauce	4 Cheese Pizza Sidekick Cucumber Salad	5	
Lunch \$3.50	6 R Italian Sub Chicken Salad	7 Pork Chop & Rice Pinto Beans Mixed Salad Plantain	8 Cheeseburger Broccoli Tater Tots Apple	9 Tacos Black beans Lettuce / Tomatoes Applesauce	10 Pasta W/ Meat Sauce Salad Applesauce	11 Cheese Pizza Sidekick Cucumber Salad	12
Breads/Buns are whole grain rich.	13 L Ham Sub Chef salad	14 	15 French Toast Sausage Potato cubes Cucumber Apple Juice	16 Corn Dog Mac & Cheese Cucumber Salad Pineapple	17 Chicken Alfredo Broccoli Fresh Carrots Salad Peaches	18 Cheese Pizza Sidekick Cucumber Salad	19
CME & OES offers	20 N Turkey Sub Chicken Salad	21 Boneless Chicken Wings White Beans Mashed Potato Fresh Carrots Peaches	22 Breaded Chicken Sandwich Hot Carrots Tater Tots Mandarin Orange	23 Ham Sub Applesauce Cup Salad Cucumbers	24 Chicken Alfredo Broccoli Salad Apple	25 Cheese Pizza Sidekick Cucumber Salad	26
Salad Combo & Sub Combo \$3.50	27 T Italian Sub Chef Salad	28 Corn Dog Mac & Cheese Green Beans Fresh Carrots Apple	29 Tacos Black Beans Lettuce Tomatoes Mandarin Orange	30 Breaded Beef Steak Mashed Potato Salad Applesauce	31 Boneless Chicken Wings Broccoli Tater Tots Peaches	1 Cheese Pizza Sidekick Fresh Carrots Salad	2
Subs and Salads will not be made for Pizza days.							

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