




***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 2018

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	F Ham Sub Chef Salad				1 Chicken Alfredo Broccoli Salad Apple Roll	3
Menu subject to change.	4 P Italian Sub Chicken Salad	5 Breaded Steak Mashed Potatoes Broccoli Orange	6 Chicken Nuggets Spiral Potato Corn Peaches	7 Early Dismissal	2 Cheese Pizza Sidekick Cucumbers Salad	4
Lunch \$3.25				8 Pasta With Chicken Parmesan Salad Hot Carrots Apple	9 Cheese Pizza Sidekick Cucumbers Salad	5
Salad Combo \$3.25	11 M Turkey Sub Chef Salad	12 Breaded Chicken Sandwich White Beans Potato Cubes Pineapple	13 Pasta with Meat Sauce Salad Hot Carrots Peaches	14 Cheeseburger Spiral Potato Lettuce Tomato Apple	15 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Orange	6
Sandwich Combo \$3.25					16 Cheese Pizza Sidekick Cucumbers Salad	7
Breads/Buns are whole grain rich.	18 T Ham Sub Chicken Salad	19 	20 Teacher In service Day	21 Boneless Chicken wings / Roll Tater Tots Broccoli Peaches	22 Corn Dog Mac & cheese Green Beans Fresh Carrots Apple	8
Sandwiches and salads will not be made for Pizza days.					23 Cheese Pizza Fresh Carrots Salad Sidekick	9
	25 N Italian Sub Chef Salad	26 Boneless Chicken Wings Mashed Potato White beans Fresh Carrots Peaches	27 Hamburger Slider Mac & Cheese Green Beans Lettuce / Tomatoes Orange	28 Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin Orange	1 Chicken Alfredo Broccoli Salad Apple	10
					2 Cheese Pizza Sidekick Cucumbers Salad	11

*Available online to make payments or check account balances: myschoolbucks.com

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