

***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 they can have - encouraging your family to chose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.



Oasis High School - Lunch Menu – May 2022

Milk and Juice is served with every lunch.

Lunch \$3.75


Salad Combo & Sub Combo \$3.75

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.



Menu Subject to Change

	Mon	Tue	Wed	Thu	Fri	Sat
1 O Ham Sub Chicken salad	2 Meatball sub Green beans Fresh Carrots Tater Tots Peaches	3 Hot Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	4 Chicken Alfredo Broccoli Salad Fresh carrots Apple	5 Tacos Black beans Fresh Carrots Lettuce Tomatoes Orange	6 Pepperoni Pizza Yogurt Sidekick Cucumber Salad	7
8 M Turkey Sub Chef Salad	9 Boneless Chicken Wings / Roll Tater Tots Fresh carrots Cucumbers Mandarin Oranges	10 Penne Pasta w/ Meat sauce Hot Carrots Salad Orange	11 Breaded Chicken Sandwich White beans Potato Cubes Apple	12 Cheeseburger Broccoli Cucumber Spiral potato Orange	13 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	14
15 F Italian Sub Turkey Salad	16 Nacho Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-It Orange	17 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Mandarin Orange	18 Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Hot Apple	19 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	20 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	21
22 B Sub & Salad Manager Choice	23 Corn Dog Green Beans Potato Cubes Fresh carrots Sliced Apple	24 Tacos Black Beans Lettuce Tomatoes Orange	25 Cheeseburger Broccoli Fresh Carrots Potato Wedge Mandarin Orange	26 Penne Pasta w/ Meat Sauce Salad Cucumber Apple	27 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	28
29	30 	31 Early Dismissal	1 Early Dismissal	2 Early Dismissal	3 Professional Duty Day	4

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