

***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 2023

Milk is served with every lunch.

Lunch \$3.50

Salad Combo & Sub Combo \$3.50

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	
	P Ham Sub Crispy Chicken Salad		1 Vegetarian Fried Rice Egg Roll Chicken Broccoli / Cucumber Apple	2 Chicken Parmesan Pasta Hot Carrots Salad Apple	3 Cheese Pizza Cucumber Salad Sidekick	4	
5	J Turkey Sub Chef Salad	6 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	7 Tacos Black Beans Lettuce Tomatoes Orange	8 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple	9 Chicken Alfredo Broccoli Salad Apple	10 Cheese Pizza Fresh Carrots Salad Sidekick	11
12	L Italian Sub Turkey salad	13 French Toast Sausage (2) Potatoes Cubes Cucumbers Fresh Carrots Apple Juice	14 Chicken Tenders Potato wedges White Beans Salad Orange	15 Chicken Alfredo Broccoli Salad Apple	16 Cheeseburger Tater Tots Fresh Carrots Salad Apple	17 Cheese Pizza Cucumber Salad Sidekick	18
19	B Ham Sub Chicken Salad	20 	21 Corn Dog Potato Cubes Green Beans Hot Carrots Sliced Apple	22 	23 Penne Pasta With Meat Sauce Cucumbers Salad Apple	24 Cheese Pizza Cucumber Salad Sidekick	25
26	O Italian Sub Crispy Chicken Salad	27 BBQ Grilled Chicken Sandwich Potato Cubes Cucumber Green Beans Orange	28 Meatball Sub Green Beans Tater Tots Pineapple	1 Hot Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	2 Chicken Alfredo Broccoli Salad Peaches	3 Cheese Pizza Salad Cucumbers Sidekick	4