

***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 High School - Lunch Menu – February 2022

Milk and Juice is served with every lunch.

Menu subject to change.

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
	G Turkey Sub Chef Salad	 1 Stromboli Meat Lover Salad Cucumbers Fresh Carrots Hot Apple	2 BBQ Grilled Chicken Sandwich Cucumbers Fresh Carrots Tater Tots Mandarin Oranges	3 Cheeseburger Spiral Potato Cucumber Broccoli Orange	4 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Tomatoes Sidekick	5
6 F Italian Sub Chicken Salad	7 Hot Dog Cheez-It Green Beans Potato Cubes Fresh Carrots Hot Apple	8 Nachos Cheez-It Black Beans Fresh Carrots Lettuce /Tomatoes Orange	9 Professional Duty Day Early Release	10 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	11 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick	12
13 J Ham Sub Turkey Salad	14 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots / Apple	15 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	16 Boneless Chicken Wings / Roll Spiral Potato Baked Beans Mandarin Oranges	17 Pepperoni Pizza Cheese Stick Cucumber / Salad Fresh Carrots Sidekick	18 Hurricane Make-Up Day	19
20 P Turkey Sub Chef Salad	21 	22 Chicken Tenders Mashed Potato White Beans Fresh Carrots Roll / Apple	23 Stromboli Meat Lover Cucumbers Hot Carrots Applesauce	24 Vegetarian Fried Rice Chicken / Egg Roll Broccoli / Cucumbers Fresh Carrot Applesauce	25 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	26
27 A Italia Sub Crispy Chicken Salad	28 Boneless Chicken Wings / Roll Mashed Potato White Beans Fresh Carrots Orange	1 French toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple	2 Meatball Sub Fresh Carrots Green Beans Tater Tots Peaches	3 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	4 Pepperoni Pizza Yogurt Cucumber Salad Sidekick	5

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

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