

**\*Healthy tip of the month -**

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 activity. – American Dietetic Association



# Oasis Middle School - Lunch Menu – October 2023

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.  <b>Lunch \$3.50</b>	1 G Ham Sub Chef Salad	2 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	3 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	4 Cheeseburger Spiral Potato Salad Orange	5 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin orange	6 Cheese Pizza Cucumbers Salad Sidekick	7
<b>Salad Combo &amp; Sub Combo \$3.50</b>	8 T Turkey Sub Chicken Salad	9 Corn Dog Green Beans Fresh Carrots Potato wedges Apple	10 Taco Black Beans Lettuce Tomatoes Mandarin Oranges	11 Boneless Chicken Wings Mashed Potato Broccoli Fresh Carrots Peaches	12 Chicken Alfredo Broccoli Salad Orange	13 Cheese Pizza Cucumbers Salad Sidekick	14
Breads/Buns are whole grain rich.	15 O Italian Sub Turkey Salad	16 Professional Duty Day	17 Hot Dog Mac & Cheese Hot Carrot Cucumbers Pineapple	18 Chicken Alfredo Broccoli Salad Peaches	19 Meatball Sub Green Beans Tater Tots Pineapple	20 Cheese Pizza Cucumbers Salad Sidekick	21
Subs and Salads will not be made for Pizza days.	22 K Ham Sub Crispy Chicken Salad	23 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange	24 Nachos Black Beans Lettuce Tomatoes Orange	25 	26 Chicken Alfredo Broccoli Salad Apple	27 Cheese Pizza Fresh Carrots Salad Sidekick	28
<b>Menu Subject to Change</b>	29 J Turkey Sub Chicken Salad	30 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	31 Chicken Alfredo Broccoli Salad Apple	1 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple	2 Tacos Black Beans Lettuce Tomatoes Orange	3 Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick	
							



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