

*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 2023

Milk and Juice is served with every lunch.

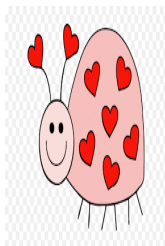
Lunch \$3.75

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
	P Ham Sub Crispy Chicken Salad			2 Chicken Parmesan Pasta Hot Carrots Salad Cucumber / Apple	3 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	4
	5 J Turkey Sub Chef Salad	6 Boneless Chicken Wings / Roll Spiral Potato Baked Beans Mandarin Oranges	7 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Orange	8 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Apple	9 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	10 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick
	12 L Italian Sub Turkey salad	13 French Toast Sausage Potato Cubes Fresh Carrots Cucumbers Apple	14 Chicken Tenders Potato wedges Fresh Carrots White Beans Salad	15 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	16 Cheeseburger Potato Cubes Fresh Carrots Salad Pineapple	17 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
	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 Cucumber Salad Apple	24 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
	26 O Italian Sub Crispy Chicken Salad	27 BBQ Grilled Chicken Sandwich Fresh Carrots Cucumbers Potato Cubes Orange	28 Meatball Sub Green Beans Tater Tots Fresh Carrots Peaches	1 Hot Dog Mac & Cheese Cucumbers Salad Hot Carrots Pineapple	2 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	3 Pepperoni Pizza Yogurt Cucumber Salad Sidekick
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