

***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 choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.



Oasis Middle School - Lunch Menu – May 2022

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.



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



Menu Subject to Change

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