

***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 2024

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
	J/B Ham Sub Crispy Chicken Salad	FEBRUARY		1 Penne Pasta w Meat Sauce Cucumbers Salad Apple	2 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick	3
4	O Turkey Sub Chef Salad	5 Chicken Parm Sandwich Fresh Carrots Cucumbers Potato Cubes Orange	6 Meatball Sub Green Beans Tater Tots Fresh Carrots Peaches	7 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	8 Hot Dog Mac & Cheese Cucumbers Salad Hot Carrots Pineapple	9 Pepperoni Pizza Yogurt Cucumber Salad Sidekick
11	B Ham Sub Turkey Salad	12 Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	13 Taco Black Beans Lettuce Tomatoes Orange	14 Cheeseburger Fresh Carrots Broccoli Potato Wedge Mandarin Orange	15 Penne Pasta w Meat Sauce Cucumbers Salad Apple	16 Hurricane Make Up Day
18	K Italian Sub Crispy Chicken Salad	19 	20 Chicken Tenders Mashed Potatoes White Beans / Roll Fresh Carrots Mandarin Oranges	21 Nachos Black Beans Lettuce Tomatoes Fresh Carrots Orange / Cheez-It	22 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	23 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
25	L Turkey Sub Chicken Salad	26 Chicken Tenders Potato Wedges White Beans Salad / Roll Fresh Carrots Peaches	27 Chicken Alfredo Broccoli Fresh carrots Salad Apple	28 	29 Cheeseburger Fresh Carrots Salad Potato Cubes Pineapple	1 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
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