

***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 2023

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.

Menu Subject to Change



	Mon	Tue	Wed	Thu	Fri	Sat
O Turkey Sub Chef Salad	1 Hot Dog Mac & Cheese Hot Carrots Cucumbers Pineapple	2 BBQ Grilled Chicken Sandwich Potato Cubes Cucumber Green Beans Orange	3 Meatball Sub Green Beans Tater Tots Pineapple	4 Chicken Alfredo Broccoli Salad Peaches	5 Cheese Pizza Sidekick Cucumbers Salad	6
7 R / G Ham Sub Chicken Salad	8 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples (G)	9 Tacos Black Beans Lettuce Tomatoes Orange	10 Chicken Tenders Mac & Cheese Corn Cucumbers Apple (G)	11 Pasta w/ Meat Sauce Salad Applesauce	12 Cheese Pizza Cucumbers Salad Sidekick	13
14 M Italian Sub Turkey Salad	15 Boneless Wings Tater Tots Baked Beans Mandarin Orange	16 Cheeseburger Lettuce Tomatoes Green Beans Spiral Potatoes Apple	17 Chicken Sandwich Fresh Carrots Cucumbers Potato Cubes Pineapple	18 Pasta W/ Meat Sauce Hot Carrots Salad Peaches	19 Cheese Pizza Cucumber Salad Sidekick	20
21 H / A Turkey Sub Crispy Chicken Salad	22 Nachos Black Beans Lettuce Tomatoes Salsa Orange	23 Omelette Hashbrown Sausage Cucumbers Apple Juice Roll	24 Meatball Sub Hot Carrots Tater Tots Peaches (A)	25 Chicken Alfredo Broccoli Salad Peaches	26 Cheese Pizza Salad Fresh Carrots Sidekick	27
28 N Ham Sub Chef Salad	29 	30 Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	31 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	1 Hamburger Green Beans Lettuce Tomatoes Potato Wedges Orange	2 Cheese Pizza Cucumber Salad Sidekick	3

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

This institution is an equal opportunity provider.