

***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 High School - Lunch Menu – May 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
	1 Hot Dog Mac & Cheese Cucumbers Hot Carrots Salad Pineapple	2 BBQ Grilled Chicken Sandwich Fresh Carrots Cucumbers Potato Cubes Orange	3 Meatball Sub Green beans Fresh Carrots Tater Tots Peaches	4 Chicken Alfredo Broccoli Salad Fresh carrots Apple	5 Pepperoni Pizza Yogurt Sidekick Cucumber Salad	6
	7 R / G Ham Sub Chicken Salad	8 Stromboli Meat Lovers Cucumbers Fresh Carrots / Salad Hot Apples (G)	9 Tacos Black beans Fresh Carrots Lettuce Tomatoes Orange	10 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple / Roll (G)	11 Penne Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches	12 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
	14 M Italian Sub Turkey Salad	15 Boneless Chicken Wings / Roll Tater Tots Fresh carrots Cucumbers Mandarin Oranges	16 Cheeseburger Broccoli Cucumber Spiral potato Orange	17 Breaded Chicken Sandwich White beans Potato Cubes Apple	18 Penne Pasta w/ Meat sauce Hot Carrots Salad Orange	19 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
	21 H / A Turkey Sub Crispy Chicken Salad	22 Nachos Black Beans Fresh Carrots Lettuce/ Tomatoes Cheez-it / Orange	23 Omelette Hashbrown Sausage Cucumbers Fresh carrots Roll / Cheez-it / Apple	24 Meatball Sub Green Beans Tater Tots Fresh Carrots Marinara Sauce Peaches (A)	25 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	26 Pepperoni Pizza Cheese Stick Cucumbers Fresh Carrots Salad Sidekick
	28 N Ham Sub Chef Salad	29 	30 Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	31 Chicken Alfredo Broccoli Cucumbers Fresh Carrots Apple	1 Hamburger Fresh Carrots Lettuce Tomatoes Potato Wedges Orange	2 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
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