

***Healthy tip of the month - Get your entire family involved**

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical

Oasis High School - Lunch Menu – October 2019

Milk and Juice is served with every lunch.

Menu subject to change.

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.



	Mon	Tue	Wed	Thu	Fri	Sat
P Turkey Sub Chef salad		1 Boneless chicken wings Mashed Potato White Beans Peaches Roll	2 Stromboli meat Lover Fresh Carrots Salad Cucumber Marinara Sauce Applesauce	3 Veg. Fried Rice Chicken Broccoli / Cucumbers Egg Roll Fresh Carrots Applesauce	4 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	5
6 R Italian Sub Chicken Salad	7 Pork Chop & Rice Pinto Beans Mixed Salad Fresh Carrots Plantain	8 Cheeseburger Green Beans Tater Tots Apple	9 Tacos Black Beans Fresh Carrots Lettuce / Tomatoes Orange	10 Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches	11 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	12
13 L Ham Sub Chef salad	14 	15 French Toast Sausage Cucumbers Potato Cubes Fresh Carrots Apple	16 Corn Dog Mac & Cheese Hot carrots Salad Orange	17 Chicken Alfredo Broccoli Fresh carrots Salad Apple	18 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	19
20 N Turkey Sub Chicken Salad	21 Boneless Ckn. Wings Mashed Potato White Beans Fresh Carrots Peaches Roll	22 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Mandarin Orange	23 Early Dismissal Day	24 Chicken Alfredo Broccoli Fresh carrots Salad Apple	25 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	26
27 T Italian Sub Chef Salad	28 Corn dog Mac & Cheese Green Beans Cucumber Fresh carrots Apple	29 Tacos Black Beans Fresh Carrots Lettuce / Tomatoes Peaches	30 Breaded Beef Steak Mashed Potato Broccoli Fresh Carrots Applesauce Roll	31 Boneless Ckn. Wings Broccoli Fresh Carrots Tater Tots Peaches Roll	1 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	2

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

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