

***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 Middle School - Lunch Menu – February 2022

Milk is served with every lunch.

Menu subject to change.



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
	G Turkey Sub Chef Salad		1 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apple	2 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Oranges	3 Cheeseburger Spiral Potato Salad Orange	4 Cheese Pizza Cucumber Salad Sidekick
	5					
	6 F Italian Sub Chicken Salad	7 Hot Dog Green Beans Potato Cubes Hot Apple	8 Nachos Black Beans Lettuce Tomatoes Orange	9 Professional Duty Day Early Release	10 Chicken Alfredo Broccoli Salad Apple	11 Cheese Pizza Cucumber Salad Sidekick
	12					
	13 J Ham Sub Turkey Salad	14 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple	15 Chicken Alfredo Broccoli Salad Apple	16 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	17 Cheese Pizza Fresh Carrots Salad Sidekick	18 Hurricane Make-Up Day
	19					
	20 P Turkey Sub Chef Salad	21 	22 Chicken Tenders Spiral Potatoes White Beans Orange	23 Stromboli Meat Lover Hot Carrots Cucumbers Sliced Apple	24 Vegetarian Fried Rice Egg Roll Chicken Broccoli / Cucumber Apple	25 Cheese Pizza Cucumber Salad Sidekick
	26					
	27 A Italia Sub Crispy Chicken Salad	28 Boneless Chicken Wings Mashed Potato White Beans Orange	1 French Toast Sausage Potato Cubes Cucumbers Apple Juice	2 Meatball Sub Hot Carrots Tater Tots Peaches	3 Chicken Alfredo Broccoli Salad Apple	4 Cheese Pizza Cucumber Salad Sidekick
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