

**\*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 chose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.



# Oasis Middle School - Lunch Menu – May 2024

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	P Ham Sub Crispy Chicken Salad			2 Chicken Parm W Pasta Hot Carrots Salad Apple	3 Cheese Pizza Cucumbers Salad Sidekick	4
<b>Lunch \$3.50</b>						
<b>Salad Combo &amp; Sub Combo \$3.50</b>	5 L Turkey Sub Chicken Salad	6 Cheeseburger Fresh Carrots Salad Tater Tots Apple	7 French Toast Sausage Link (2) Potato Cubes Cucumbers Fresh Carrots Apple Juice	8 Chicken alfredo Broccoli Salad Apple	9 Chicken Tenders Potato Wedges White Beans Salad Orange	10 Cheese Pizza Cucumbers Salad Sidekick
Breads/Buns are whole grain rich.						11
Subs and Salads will not be made for Pizza days.	12 M Italian Sub Chef Salad	13 Chicken Wings Baked Beans Tater Tots Mandarin Oranges	14 Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	15 Breaded Chicken Sandwich Potato Cubes Cucumbers Fresh Carrots Pineapple	16 Cheeseburger Green Beans Lettuce Tomatoes Spiral Potato Apple	17 Cheese Pizza Cucumber Salad Sidekick
Menu Subject to Change	19 R/G/A Ham Sub Crispy Chicken Salad	20 Hot Dog Potato Cubes Salad Fresh Carrots Orange	21 Tacos Black Beans Lettuce Tomatoes Orange	22 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	23 Meatball Sub Hot Carrots Tater Tots Peaches	24 Cheese Pizza Cucumbers Salad Sidekick
	25					
	26 Manager Choice	27 	28 Manager Choice	29 Manager Choice	30 	31 
					Early Dismissal	1

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

This institution is an equal opportunity provider.