


***Healthy tip of the month -**

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 activity. – American Dietetic Association

Oasis Middle School - Lunch Menu – October 2021

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	J Turkey Sub Chicken Salad					1 Cheese Pizza Fresh Carrots Salad Sidekick
Menu subject to change.	3 M Ham Sub Turkey Salad	4 Boneless Wings Tater Tots Baked Beans Mandarin Orange	5 Cheeseburger Lettuce Tomatoes Spiral Potatoes Apple	6 Chicken Sandwich Fresh Carrots Cucumbers Potato Cubes Pineapple	7 Pasta W/ Meat Sauce Hot Carrots Salad Peaches	8 Cheese Pizza Cucumber Salad Sidekick
Lunch \$3.50	10 K Italian Sub Chef Salad	11 Nachos Black Beans Lettuce Tomatoes Salsa Orange	12 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange	13 Chicken Alfredo Broccoli Salad Apple	14 Cheese Pizza Cucumber Fresh Carrots Salad Sidekick	15 Professional Duty Day
Salad Combo & Sub Combo \$3.50	17 P Turkey Sub Crispy Chicken Salad	18 Stromboli Meat Lover Fresh Carrots Cucumbers Salad Hot Apple	19 Vegetarian Fried Rice Egg Roll Chicken Broccoli Cucumber Apple	20 Professional Duty Day Early Release	21 Chicken Tenders Spiral Potatoes White Beans Orange	22 Cheese Pizza Cucumber Salad Sidekick
Breads/Buns are whole grain rich.	24 / 31 R Ham Sub Turkey Salad	25 Ham & Cheese Pocket Fresh Carrots Salad Potato Cubes Orange	26 Cheeseburger Broccoli Tater Tots Apple	27 Tacos Black Beans Lettuce Tomatoes Orange	28 Pasta W/ Meat Sauce Salad Fresh Carrots Applesauce	29 Cheese Pizza Cucumber Salad Sidekick
Subs and Salads will not be made for Pizza days.						30



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