

***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 Middle School - Lunch Menu – October 2019

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch. Menu subject to change.	P Turkey Sub Chef salad 	1 Boneless Ckn. Wings Spiral Potato White Beans Peaches	2 Stromboli meat Lover Fresh Carrots Salad Cucumber Marinara Sauce Hot Apple	3 Veg. Fried Rice Chicken Broccoli Cucumbers Egg Roll Applesauce	4 Cheese Pizza Sidekick Cucumber Salad	5	
Lunch \$3.50 Salad Combo & Sub Combo \$3.50	6 R Italian Sub Chicken Salad	7 Pork Chop & Rice Pinto Beans Mixed Salad Plantain	8 Cheeseburger Broccoli Tater Tots Apple	9 Tacos Black beans Lettuce / Tomatoes Orange	10 Pasta W/ Meat Sauce Fresh Carrots Salad Applesauce	11 Cheese Pizza Sidekick Cucumber Salad	12
Breads/Buns are whole grain rich. Subs and Salads will not be made for Pizza days.	13 L Ham Sub Chef salad 	14	15 French Toast Sausage Potato cubes Cucumber Fresh Carrots Apple Juice	16 Corn Dog Mac & Cheese Cucumber Salad Fresh Carrots Apple	17 Chicken Alfredo Broccoli Salad Apple	18 Cheese Pizza Sidekick Cucumber Salad	19
	20 N Turkey Sub Chicken Salad	21 Boneless Chicken Wings / White Beans Mashed Potato Fresh Carrots Peaches	22 Breaded Chicken Sandwich Hot Carrots Tater Tots Mandarin Orange	23 Early Dismissal Day	24 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	25 Cheese Pizza Sidekick Cucumber Salad	26
	27 T Italian Sub Chef Salad	28 Corn Dog Mac & Cheese Green Beans Fresh Carrots Apple	29 Tacos Black Beans Lettuce Tomatoes Mandarin Orange	30 Breaded Beef Steak Mashed Potato Salad Orange	31 Boneless Chicken Wings Broccoli Fresh Carrots Tater Tots Peaches	1 Cheese Pizza Sidekick Cucumbers Salad	2

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