

***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 High School - Lunch Menu – February 2026

Milk and Juice is served with every lunch.

Lunch \$2.75

Salad Combo & Sub Combo \$2.75

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

Menu subject to change.



02/22/2026-10/2026

Mon	Tue	Wed	Thu	Fri	Sat
1 O/L Turkey Sub Chef Salad	2 Meat Lover Stromboli Hot Carrots Romaine Salad Cucumbers Apples	3 Baked Chicken Wings Cheeze it WG Roll Mashed Potato Veggie Mix Fresh Carrots Clementine Oranges	4 Meatball Sub Green Beans Tater Tots Fresh Carrots Orange Slices Apple Juice	5 Chicken Alfredo Broccoli Fresh Carrots Romaine Salad Apple	6 Pepperoni Pizza Yogurt Cucumber Romaine Salad Sidekick
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8 K/P Italian Sub Chicken Salad	9 Chicken Tenders Mashed Potato Corn Fresh Carrots Orange Slices WG Roll	10 Nachos Organic Tostito chips Black Beans Nacho Cheese Let, tom, salsa Orange slices	11 French Toast Sausage links Potato Cubes Apple Cucumber Fresh Carrots	12 Penne Pasta with Meatballs WG Roll Hot Carrots Romaine Salad Banana	13 Pepperoni Pizza Cheese Stick Cucumbers Romaine Salad Sidekick
14					
15 V Ham Sub Turkey Salad	16 Cheeseburger French Fries Veggie Mix Romaine salad Cucumbers Orange Slices	17 BBQ Pulled Chicken Taco Veggie Fried Rice Shredded Cheese Orange Slices Carrots/cucumbers	18 Pasta w/ Meatsauce WG Roll Hot Carrots Romaine Salad Cucumbers Apples	19 Pepperoni Pizza Cheese Stick Fresh Carrots Romaine Salad Sidekick Cheeze it WG	20 Pepperoni Pizza Cheese Stick Fresh Carrots Romaine Salad Sidekick
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22 R Turkey Sub Crispy Chicken Salad	23 Breaded Chicken sandwich French Fries Broccoli Apples Fresh Carrots	24 Meatloaf Mashed Potato Corn WG Roll Romaine Salad Banana	25 Baked Chicken Wings Potato Cubes Green Beans Orange Slices Fresh Carrots WG Roll	26 Chicken Alfredo Broccoli WG Roll Romaine Salad Apples	27 Pepperoni Pizza Cheese Stick Fresh Carrots Romaine Salad Sidekick
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