

***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 2026

Milk is served with every lunch.

Lunch \$2.50

Salad Combo & Sub Combo \$2.50

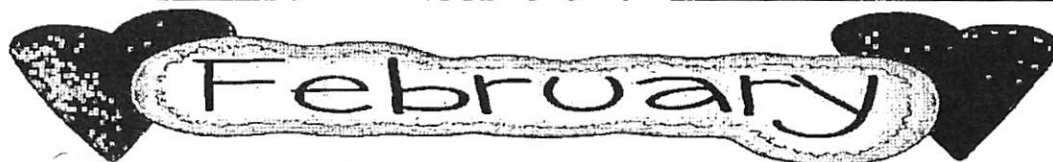
Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

*Menu Subject to Change



Mon Tue Wed Thu Fri Sat



1 O Turkey Sub Chef Salad	2 Meat Lover Stromboli Hot Carrots Romaine Salad Cucumbers Apples	3 Baked Chicken Wings Mashed Potato Organic Veggie Mix Fresh Carrots Clementine Oranges	4 Meatball Sub Green Beans Tater Tots Orange Slices Fresh Carrots	5 Chicken Alfredo Broccoli Romaine Salad Apples	6 Cheese Pizza Cucumbers Romaine Salad Sidekick	7
8 K/P Italian Sub Chicken Salad	9 Chicken Tenders Mashed Potatoes Corn Fresh Carrots Pineapples WG Roll	10 Nachos Organic Tostito chips Black Beans Lettuce / Tomatoes Salsa & Nacho cheese Apple juice Oranges	11 French Toast (WG) Sausage Potato Cubes Cucumbers Apple Juice Apples	12 Penne Pasta with Meatballs Hot Carrots WG Roll Romaine Salad Bananas	13 Cheese Pizza Fresh Carrots Cucumbers Romaine Salad Sidekick	14
15 V Ham Sub Turkey Salad	16 	17 Cheeseburger French Fries Veggie Mix Romaine Salad Cucumbers Orange Slices	18 BBQ Pulled chicken Taco Veggie Fried Rice Shredded Cheese Orange Slices Fresh Carrots Cucumbers	19 Pasta w/ Meatsauce WG Roll Hot Carrots Romaine Salad Cucumbers Apples	20 Cheese Pizza Sidekicks Romaine Salad Cheese Stick Fresh Carrots	21
22 W Turkey Sub Crispy Chicken Salad	23 Breaded Chicken Sandwich French Fries Hot Carrots Apple & Cucumbers	24 Meatloaf Mashed Potatoes Corn Romaine Salad Banana WG Roll	25 Baked Chicken Wings Potato Cubes Green Beans Orange slices Fresh Carrots	26 Chicken Alfredo Broccoli WG Roll Romaine Salad Apples	27 Cheese Pizza Cucumber Romaine Salad Sidekick	28

*Available online to make payments or check account balances: myschoolbucks.com

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