


**\*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 2020

	Mon	Tue	Wed	Thu	Fri	Sat
2 F Turkey Sub Chicken Salad	3 Hot Dog Green Beans Potato Cubes Hot Apple	4 Nachos Black Beans Lettuce / Tomatoes Orange	5 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	6 Chicken Alfredo Broccoli Salad Apple	7 Cheese Pizza Sidekick Cucumbers Salad	8
9 R Italian Sub Chef Salad	10 Teacher In Service	11 Cheeseburger Broccoli Tater Tots Apple	12 Tacos Black beans Lettuce / Tomatoes Orange	13 Pasta W/ Meat Sauce Salad Fresh Carrots Applesauce	14 Cheese Pizza Sidekick Cucumber Salad	15
16 P Ham Sub Chicken Salad	17 	18 Chicken Tenders Spiral Potato White Beans Peaches	19 Stromboli meat Lover Fresh Carrots Salad Cucumber Marinara Sauce Hot Apple	20 Veg. Fried Rice Chicken Broccoli Cucumbers Egg Roll Applesauce	21 Cheese Pizza Sidekick Cucumber Salad	22
23 A Turkey Sub Chef Salad	24 French Toast Sausage Potato Cubes Cucumbers Apple Juice	25 Meatball Sub Tater Tots Hot Carrots Peaches	26 Boneless Chicken Wings Mashed Potato White Beans Orange	27 Chicken Alfredo Broccoli Salad Apple	28 Cheese Pizza Cucumbers Salad Sidekick	29

Milk is served with every lunch.

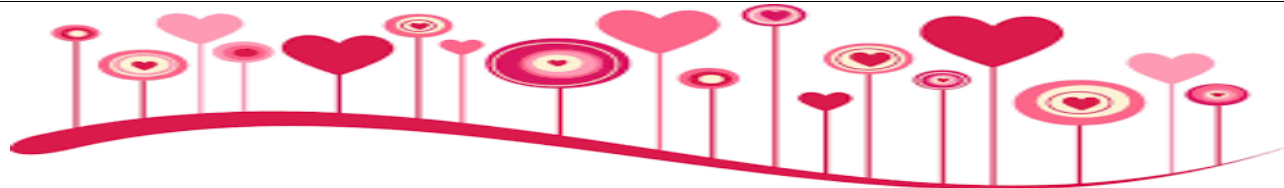
Menu subject to change.

**Lunch \$3.50**

**Salad Combo & Sub Combo \$3.50**

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.



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

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