

**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 2020

Milk and Juice is served with every lunch.

Menu subject to change.

**Lunch \$3.75**

**Salad Combo & Sub Combo \$3.75**

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.



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



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