

**\*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 activity.

# Oasis High School - Lunch Menu – October 2016

	Mon	Tue	Wed	Thu	Fri	Sat
						1
Milk and Juice is served with every lunch.	2 F Turkey Sub Chef Salad	3 <b>No School</b>	4 Breaded Chicken Sandwich Carrots / Broccoli Spiral Potato Mandarin Oranges	5 Nachos Granola Bar Black Beans Lettuce / Tomato Carrots / Orange	6 Chicken Alfredo Broccoli Salad / Carrots Apple Roll	7 Pepperoni Pizza Yogurt Cucumbers/ Salad Sidekick
Menu subject to change.						8
<b>Lunch \$3.25</b>	9 I Ham Sub Chicken Salad	10 Breaded Steak Mac & Cheese Hot Carrots White Beans Peaches / Roll	11 Pancake Wrap Sausage Patty Potato Cubes Cucumbers Fresh Carrots / Orange	12 Chicken wings Baked Beans Green Beans Spiral Potato Mandarin Oranges	13 Hot Dog Chili Cheese Tator Tots Green beans Carrots / Orange	14 Pepperoni Pizza Yogurt Cucumbers/ Salad Sidekick
<b>Salad Combo \$3.25</b>						15
<b>Sandwich Combo \$3.25</b>	16 Q Italian Sub Chef Salad	17 <b>Professional Duty Day</b>	18 Teriyaki chicken Brown Rice Egg Roll Corn / Salad Orange	19 Cheeseburger Tator Tots Baked Beans Lettuce / Tomato Peaches	20 Pasta w/ meat Sauce Broccoli Fresh Carrots Mandarin orange Roll	21 Pepperoni Pizza Cheese stick Fresh Carrots/Salad Juice Cup
Breads/Buns are whole grain rich.						22
	23 K Turkey Sub Chicken Salad	24 Corn Dog Mac & Cheese Green Beans Cucumbers / Carrots Pineapple	25 Beef & Bean Burrito Brown Rice Black beans Fresh Carrots / Orange	26 Chicken Nuggets Spiral Potato Broccoli Fresh Carrots Mandarin Orange	27 Chicken Alfredo Broccoli Salad / Carrots Apple / Roll	28 Pepperoni Pizza Cheese stick Cucumbers/Salad Sidekick
						29
	30 P Ham Sub Chef Salad	31 Breaded Steak Mashed Potatoes Broccoli Applesauce / Roll	1 Chicken Nuggets Spiral Potato Hot Carrots Cucumbers Peaches	2 Salisbury Steak Mac & Cheese White beans Cucumbers / Carrots Applesauce / Roll	3 Pasta w/ Chicken Parmesan Salad / Cucumbers Hot Carrots Apple	4 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick
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