



***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 – September 2016

	Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.	J Italian Combo Chicken Salad				1 Chicken Alfredo Broccoli / Salad Fresh Carrots Orange	2 Pepperoni Pizza Cheese stick Cucumbers Salad Sidekick
Menu subject to change.	4 D Ham Combo Chef Salad	5 	6 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Orange / Roll	7 Pulled Pork Green Beans Cole slaw / Carrots Tater Tots Mandarin Orange	8 Chicken Alfredo Hot Carrots Salad Apple Roll	9 Pepperoni Pizza Yogurt Fresh carrot Salad Sidekick
Lunch \$3.25						10
Salad Combo \$3.25						
Sandwich Combo \$3.25	11 T Turkey Combo Chicken Salas	12 Corn Dog Mac & Cheese Cucumbers Green beans Apple	13 Breaded Steak Mashed Potato Broccoli Applesauce Roll	14 Chicken Nuggets Mashed Potato Broccoli Fresh Carrots Peaches / Roll	15 Tacos Black Beans Lettuce / Tomato Peaches	16 Pepperoni Pizza Cheese Stick Fresh carrots Salad Sidekick
Breads/Buns are whole grain rich.						17
	18 H Italian Combo Chef Salad	19 Frittata / Hash Brown , Sausage Cucumbers Pineapple	20 Hot dog Baked Beans Salad Cheez-it Sliced apples	21 Early Dismissal	22 Chicken Alfredo Broccoli / Salad Fresh Carrots Apple Roll	23 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
						24
	25 A Ham Combo Chicken salad	26 Chicken Nuggets Sweet Potato White beans Orange Roll	27 Meatball sub Fresh Carrots Green beans Tater tots / Peaches	28 Grilled chicken Patty Spiral Potato Green beans Fresh Carrots Orange	29 Chicken Alfredo Broccoli /Salad Fresh Carrots Apple Roll	30 Pepperoni Pizza Yogurt Juice cup Cucumbers Salad



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