

***Healthy tip of the month :**

Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options they can have - encouraging your family to choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.

Oasis High School - Lunch Menu – May 2017

	Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.						
Menu subject to change.						
Lunch \$3.25						
Salad Combo \$3.25						
Sandwich Combo \$3.25						
Breads/Buns are whole grain rich.						
	F	1	2	3	4	5
	Turkey Sub	Nachos	Hot dog / cheez-it	Breaded Chicken	Chicken Alfredo	Pepperoni Pizza
	Chef salad	Granola Bar	Potato Cubes	Sandwich	Broccoli / Salad	Yogurt
		Black Beans	Green Beans	Carrots / Broccoli	Fresh Carrots	Cucumbers
		Lettuce / Tomato	Fresh Carrots	Spiral Potato	Orange	Salad
		Carrots / Orange	Hot Apples	Mandarin Oranges	Roll	Sidekick
	7	8	9	10	11	12
	G	Cheese Calzone	Cheeseburger	BBQ Grilled Chicken	Chicken Alfredo	Pepperoni Pizza
		Salad	Spiral Potato	Sandwich	Broccoli / Salad	Yogurt
	Ham Sub	Fresh Carrots	Broccoli	Tater Tots	Fresh Carrots	Cucumbers
	Chicken	Orange	Cucumbers	Cucumbers	Apple	Salad / Fresh Carrot
	Salad		Fresh Carrots	Fresh Carrots	Roll	Sidekick / Orange
			Mandarin Orange			
	14	15	16	17	18	19
	B	Corn Dog	Tacos	Cheeseburger	Pasta / W Meat	Pepperoni Pizza
	Italian Sub	Green Beans	Black Beans	Broccoli	Sauce	Cheese Stick
	Chef Salad	Spicy Potato	Lettuce	Fresh Carrots	Salad	Salad
		Fresh Carrots	Tomato	Sweet Potato	Cucumbers	Cucumbers
		Sliced Apple	Orange	Mandarin Orange	Apple / Roll	Sidekick
	21	22	23	24	25	26
	J	Chicken wings	Chicken Alfredo			
		Baked Beans	Broccoli / Salad	Manager	Early	Early
		Green Beans	Fresh Carrots	Choice	Dismissal	Dismissal
		Spiral Potato	Orange			
		Mandarin Oranges	Roll			

