

***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 chose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.

Oasis High School - Lunch Menu – May 2024

Milk and Juice is served with every lunch.

Lunch \$3.75

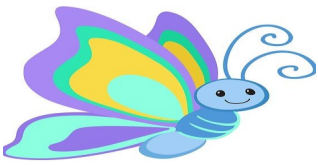



Salad Combo & Sub Combo \$3.75

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

Menu subject to change.



	Mon	Tue	Wed	Thu	Fri	Sat
	P Ham Sub Crispy Chicken Salad		1 Corn Dog Spiral Potato Salad Fresh carrots Applesauce	2 Chicken Parm W Pasta Hot Carrots Salad Cucumbers Apple	3 Pepperoni Pizza Yogurt Fresh Carrots Salad Sidekick	4
5	L Turkey Sub Chicken Salad	6 Cheeseburger Fresh Carrots Salad Potato Cubes Pineapple	7 French Toast Sausage Link (2) Potato Cubes Cucumbers Fresh Carrots Apple	8 Chicken Alfredo Broccoli Fresh carrots Salad Apple	9 Chicken Tenders Potato Wedges White Beans Salad / Roll Fresh Carrots Peaches	10 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
11						
12	M Italian Sub Chef Salad	13 Chicken Wings Fresh Carrots Cucumbers Tater Tots Mandarin Oranges Roll	14 Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	15 Breaded Chicken Sandwich Potato Cubes White Beans Apple	16 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	17 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
18						
19	R/G/A Ham Sub Crispy Chicken Salad	20 Hot Dog Cheez-It Potato Cubes Fresh Carrots Salad Pineapple	21 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Orange	22 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple Roll	23 Meatball Sub Green Beans Tater Tots Fresh Carrots Marinara Sauce Peaches	24 Pepperoni Pizza Yogurt Cucumber Salad Sidekick
25						
26	27 Manager Choice	28 	29 Manager Choice	30 Manager Choice	31 	1 

Early Dismissal

*Available online to make payments or check account balances: myschoolbucks.com

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