

**\*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 2017

	Mon	Tue	Wed	Thu	Fri	Sat
1 T Italian Sub Chef Salad	2 Breaded Beef Steak Mashed Potato Broccoli Applesauce Roll	3 Corn Dog Mac & cheese Green Beans Carrots / Cucumbers Apple	4 Boneless Chicken wings / Rolls Mashed Potato Broccoli / Carrots Peaches	5 Tacos Black Beans Lettuce / Tomatoes Fresh Carrots Peaches	6 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick	7
8 L Turkey Sub Chicken Salad	9 Chicken Nuggets White Beans Sweet Potatoes Fries Peaches Roll	10 Hamburger sliders Green Beans Fresh Carrots Tater Tots Hot Apple	11 <b>Early Release</b>	12 French Toast Sausage Potato Cubes Cucumbers / Carrots Apple	13 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick	14
15 R Ham Sub Chef Salad	16 Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomatoes Fresh Carrots Plantain	17 Hot Dog Mac & cheese Hot Carrots Cucumbers Orange	18 Cheeseburger Green Beans Tater Tots Apple	19 Chicken Alfredo Broccoli Salad Fresh Carrots Peaches Roll	20 Pepperoni Pizza Cheese stick Fresh Carrots Salad Juice Cup	21
22 B Italian Sub Chicken Salad	23 Corn Dog Green Beans Fresh Carrots Potato Cubes Hot Apple	24 Cheeseburger Broccoli Fresh Carrots Sweet Potatoes Fries Mandarin Orange	25 Pasta with Meat Sauce Salad Cucumbers Apple Roll	26 Tacos Black Beans Lettuce / Tomatoes Orange	27 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick	28
29 K Turkey Sub Chef Salad	30 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Mandarin Oranges	31 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	1 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple	2 Corn Dog Mac & cheese Green Beans Fresh Carrots Cucumbers Pineapple	3 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick	4

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.



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