



***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 – February 2017

	Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.	F Ham Sub Chef Salad				3 Pepperoni Pizza Yogurt Cucumbers/ Salad Sidekick	4
Menu subject to change.	5 G Turkey Sub Chicken Salad	6 Cheese Calzone Fresh Carrots Salad Orange	7 BBQ Grilled Ckn Cucumbers Fresh Carrots Spiral Potato Mandarin Orange	8 Cheeseburger Broccoli Cucumbers Tater Tots Orange	9 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Pineapple Roll	10 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick Orange
Lunch \$3.25						
Salad Combo \$3.25						
Sandwich Combo \$3.25						
Breads/Buns are whole grain rich.	12 J Italian Sub Chef Salad	13 Chicken wings Baked Beans Green Beans Spiral Potato Mandarin Oranges	14 Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	15 Grilled Ckn. Strips Rice / Cucumber Black Beans Lettuce / Tomato Can Apples Roll	16 Early Dismissal	17 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
	19 O Ham Sub Chicken Salad	20 	21 Teacher in Service	22 Salisbury Steak Mashed Potato Corn / Fresh Carrots Mandarin Orange Cheez-it / Roll	23 Chicken Alfredo Broccoli / Salad Fresh carrots Apple Roll	24 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick
	26 C Turkey Sub Chef Salad	27 Breaded beef Steak Mashed Potato Broccoli Mandarin Orange Roll	28 Corn Dog Mac & cheese Green beans Cucumbers Fresh Carrots Apple	1 Chicken Nuggets Spiral Potato White Beans Peaches Roll	2 Chicken Parmesan Hot Carrots Salad Apple	3 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick

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

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