

***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 2025

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.



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	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	O/N Turkey Sub Chef Salad	3 Hot Dog Mac & Cheese Cucumbers Salad Hot Carrots Pineapple	4 Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches Roll	5 Meatball Sub Green Beans Tater Tots Fresh Carrots Peaches	6 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	7 Pepperoni Pizza Yogurt Cucumber Salad Sidekick	8
9	K/P Italian Sub Chicken Salad	10 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Oranges	11 Nachos Black Beans Lettuce / Tomatoes Fresh Carrots Orange Cheez-it	12 Stromboli Meat Lover Cucumbers Fresh Carrots Salad Applesauce	13 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	14 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	15
16	L Ham Sub Turkey Salad	17 	18 Cheeseburger Fresh Carrots Salad Potato Cubes Pineapple	19 Chicken Tenders Potato Wedges White Beans Salad Fresh Carrots Peaches	20 Chicken Alfredo Broccoli Fresh carrots Salad Apple	21 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	22
23	R Turkey Sub Crispy Chicken Salad	24 Hot Dog Potato Cubes Fresh Carrots Salad Pineapple Cheez-it	25 Tacos Black Beans Fresh Carrots Lettuce Tomatoes Orange	26 Penne Pasta W/ Meat Sauce Broccoli Fresh Carrots Peaches	27 Cheeseburger Cucumber Salad Tater Tots Apple	28 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	

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