

***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 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.



	Mon	Tue	Wed	Thu	Fri	Sat
	T Turkey Sub Crispy Chicken Salad				1 Chicken Alfredo Broccoli Fresh Carrots Salad Applesauce	2 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
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	4 K/L Italian Sub Chef Salad	5 Nachos Black Beans Lettuce / Tomatoes Fresh Carrots Orange Cheez-it	6 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Oranges	7 Cheeseburger Fresh Carrots Salad Potato Cubes Pineapple	8 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	9 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
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	11 M/G Ham Sub Chicken Salad	12 Breaded Chicken Sandwich Potato Cubes White Beans Apple	13 Stromboli Meat Lovers Cucumbers Fresh Carrots Salad Hot Apples	14 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple Roll	15 Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	16 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
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	18 F/R Turkey Sub Chef Salad	19 Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Hot Apples	20 Cheeseburger Cucumber Salad Tater Tots Apple	21 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	22 Breaded Chicken Parm Sandwich Broccoli Fresh carrots Spiral Potatoes Mandarin Oranges	23 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Cucumber Sidekick
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	25 A Manager Choice	26 	27 Boneless Chicken Wings / Roll Mashed Potato White beans Fresh Carrots Orange	28 Manager Choice	29 Early Dismissal	30 Early Dismissal
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*Available online to make payments or check account balances: myschoolbucks.com

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