

**\*Healthy tip of the month -**

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. – American Dietetic Association

# Oasis High School - Lunch Menu – October 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
	L Turkey Sub Crispy Chicken Salad	1 Chicken Tenders Potato Wedges White Beans Salad Fresh Carrots Peaches	2 Cheeseburger Fresh Carrots Salad Potato Cubes Pineapple	3 	4 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	5
	6 F Ham Sub Turkey Salad	7 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potatoes Mandarin Oranges	8 Nachos Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-it Orange	9 Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Hot Apples	10 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	11 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Cucumber Sidekick
	13 P Italian Sub Chicken Salad	14 * <b>Chicken Tenders</b> <b>Mashed Potato</b> <b>Fresh Carrots</b> <b>White Beans</b> <b>Apple</b>	15 Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Egg Roll Apple	16 Stromboli Meat Lover Salad Cucumbers Fresh carrots Applesauce	17 Chicken Parm W Pasta Hot Carrots Salad Cucumbers Apple	18 Pepperoni Pizza Yogurt Fresh Carrots Salad Sidekick
	20 M Turkey Sub Chef Salad	21 Boneless Chicken Wings / Roll Fresh Carrots Cucumbers Tater Tots Mandarin Oranges	22 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	23 Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	24 Breaded Chicken Sandwich Potato Cubes White Beans Apple	25 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
	27 T Ham Sub Crispy Chicken Salad	28 * <b>Corn Dog</b> <b>Fresh Carrots</b> <b>Green beans</b> <b>Potato wedges</b> <b>Apple</b>	29 Taco Black Beans Fresh Carrots Lettuce / Tomato Peaches	30 Chicken Wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	31 Chicken Alfredo Broccoli Fresh Carrots Salad Applesauce	1 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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