

***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 2022

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
2	3	4	5	6	7	8
B Ham Sub Chef Salad	Corn Dog Green Beans Potato Cubes Fresh carrots Sliced Apple	Cheeseburger Broccoli Fresh Carrots Potato Wedge Mandarin Orange	 Yom Kippur	Penne Pasta w/ Meat Sauce Salad Cucumber Apple	Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	
9	10	11	12	13	14	15
F Turkey Sub Crispy Chicken Salad	Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Hot Apple	Nacho Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-It Orange	Breaded Chicken Sandwich White beans Potato Cubes Apple	Chicken Alfredo Fresh Carrots Broccoli Salad Orange	Professional Duty Day	
16	17	18	19	20	21	22
M Italian sub Turkey Salad	Breaded Chicken Sandwich White beans Potato Cubes Apple	Boneless Chicken Wings / Roll Tater Tots Fresh carrots Cucumbers Mandarin Oranges	Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	Cheeseburger Broccoli Cucumber Spiral potato Orange	Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	
23	24	25	26	27	28	29
K Turkey Sub Chef Salad	Chicken Tenders Mashed Potatoes White Beans / Roll Fresh Carrots Mandarin Oranges	French Toast Sausage Potato Cubes Fresh Carrots Cucumbers / Apple	 Early Dismissal	Chicken Alfredo Broccoli Fresh Carrots Salad Apple	Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	
30	31	1	2	3	4	5
R Ham Sub Chicken Salad	Cheeseburger Cucumbers Tater Tots Apple	Tacos Black Beans Lettuce Tomatoes Fresh Carrots Orange	Hot Dog / Cheez-it Potato Cubes Fresh Carrots Salad Pineapple	Penne Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches	Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	

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