

***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 Middle School - Lunch Menu – February 2024

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch. Lunch \$3.50	J/B Ham Sub Crispy Chicken Salad				1 Penne Pasta w Meat Sauce Cucumbers Salad Apple	2 Cheese Pizza Salad Fresh Carrots Cucumbers Sidekick	3
Salad Combo & Sub Combo \$3.50	4 O Turkey Sub Chef Salad	5 Chicken Parm Sandwich Potato Cubes Cucumber Green Beans Orange	6 Meatball Sub Green Beans Tater Tots Pineapple	7 Chicken Alfredo Broccoli Salad Peaches	8 Hot Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	9 Cheese Pizza Salad Cucumbers Sidekick	10
Breads/Buns are whole grain rich.	11 B Ham Sub Turkey Salad	12 Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	13 Taco Black Beans Lettuce Tomatoes Orange	14 Cheeseburger Fresh Carrots Potato Wedge Corn Mandarin Orange	15 Penne Pasta w Meat Sauce Cucumbers Salad Apple	16 Hurricane Make Up Day	17
Subs and Salads will not be made for Pizza days.	18 K Italian Sub Crispy Chicken Salad	19 	20 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange	21 Nachos Black Beans Lettuce Tomatoes Orange	22 Chicken Alfredo Broccoli Salad Apple	23 Cheese Pizza Fresh Carrots Cucumbers Salad Sidekick	24
Menu Subject to Change	25 L Turkey Sub Chicken Salad	26 Chicken Tenders Potato wedges White Beans Salad Orange	27 Chicken Alfredo Broccoli Salad Apple	28 	29 Cheeseburger Tater Tots Fresh Carrots Salad Apple	1 Cheese Pizza Cucumber Salad Sidekick	2

