

***Healthy tip of the month - Get your entire family involved**

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.



Oasis Middle School - Lunch Menu – October 2017

	Mon	Tue	Wed	Thu	Fri	Sat
1 T Italian Sub Chef Salad	2 Breaded Beef Steak Mashed Potato Salad Orange Roll	3 Corn Dog Mac & cheese Green Beans Fresh Carrots Apple	4 Boneless Chicken wings Tater Tots Broccoli Peaches Roll	5 Tacos Black Beans Lettuce / Tomatoes Mandarin Oranges	6 Cheese Pizza Fresh Carrots Salad Sidekick	7
Milk is served with every lunch. Menu subject to change.						
8 L Turkey Sub Chicken Salad	9 Chicken Nuggets White Beans Sweet Potatoes Salad Orange	10 Hamburger sliders Hot Carrots Tater Tots Hot Apple	11 Early Release	12 French Toast Sausage Potato Cubes Cucumbers Apple Juice	13 Cheese Pizza Salad Cucumbers sidekick	14
Lunch \$3.25 Salad Combo \$3.25						
15 R Ham Sub Chef Salad	16 Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomatoes Plantain	17 Hot Dog Mac & cheese Hot Carrots Cucumbers Orange	18 Cheeseburger Broccoli Tater Tots Apple	19 Chicken Alfredo Broccoli Salad Applesauce Roll	20 Cheese Pizza Salad Cucumbers sidekick	21
Sandwich Combo \$3.25 Breads/Buns are whole grain rich.						
22 B Italian Sub Chicken Salad	23 Corn Dog Green Beans Potato Cubes Hot Apple	24 Cheeseburger Corn Sweet Potatoes Mandarin Orange	25 Pasta with Meat Sauce Salad Apple Roll	26 Tacos Black Beans Lettuce / Tomatoes Orange	27 Cheese Pizza Salad Cucumbers sidekick	28
Sandwiches and salads will not be made for Pizza days.						
29 K Turkey Sub Chef Salad	30 Chicken Nuggets Mashed Potato White Beans Mandarin Oranges	31 Chicken Alfredo Broccoli Salad Apple Roll	1 French Toast Sausage Potato Cubes Cucumbers Apple Juice	2 Corn Dog Mac & cheese Hot Carrots Cucumbers Pineapple	3 Cheese Pizza Salad Cucumbers Fresh Carrots sidekick	4



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