


**\*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 choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.

# Oasis Middle School - Lunch Menu – May 2017

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.							
Menu subject to change.	F Turkey Sub Chef Salad	1 Nachos Black Beans Lettuce Tomato	2 Hot Dog Potato Cubes Green Beans Hot Apples	3 Breaded Chicken Sandwich Hot Carrots Spiral Potato	4 Chicken Alfredo Broccoli Salad Apple	5 Cheese Pizza Cucumbers Salad Sidekick	6
Lunch \$3.25 Salad Combo \$3.25 Sandwich Combo \$3.25	7 G Ham Sub Chicken Salad	8 Cheese Calzone Cucumbers Salad Hot Apples	9 Cheeseburger Broccoli Sweet Potato Orange	10 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Orange	11 Chicken Alfredo Broccoli Salad Apple	12 Cheese Pizza Sidekick Cucumbers Salad	13
Breads/Buns are whole grain rich.							
Sandwiches & Salads will not be made for Pizza Day	14 B Italian Sub Chef Salad	15 Corn Dog Green Beans Potato Cubes Sliced Apple	16 Tacos Black Beans Lettuce Tomato Orange	17 Cheeseburger Corn Sweet Potato Mandarin Orange	18 Pasta / W Meat Sauce Salad Apple Roll	19 Cheese Pizza Sidekick Cucumbers Salad	20
	21 J	22 Chicken wings Baked Beans Green Beans Spiral Potato Mandarin Oranges	23 Chicken Alfredo Broccoli Salad Apple	24 Manager Choice	25 Early Dismissal	26 Early Dismissal	27



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