

***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 2016

	Mon	Tue	Wed	Thu	Fri	Sat
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.Milk is served with every lunch.	2 F Turkey Sub Chef Salad	3 No School	4 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Oranges	5 Nachos Black Beans Lettuce / Tomato Orange	6 Chicken Alfredo Broccoli Salad Apple Roll	7 Cheese Pizza Cucumbers Salad Sidekick
Menu subject to change.						
Lunch \$3.25	9 I Ham Sub Chicken Salad	10 Breaded Steak Mac & Cheese Hot Carrots Salad Mandarin Orange	11 Pancake Wrap Sausage Patty Spicy Potato Cucumbers Apple Juice	12 Boneless Chicken wings Baked Beans Spiral Potato Mandarin Oranges	13 Hot Dog Chili Cheese Tator Tots Green beans Orange	14 Cheese Pizza Fresh Carrots Salad Sidekick
Salad Combo \$3.25						15
Sandwich Combo \$3.25						
Breads/Buns are whole grain rich.	16 Q Italian Sub Chef Salad	17 Professional Duty Day	18 Teriyaki chicken Brown Rice Egg Roll Corn / Salad Orange	19 Cheeseburger Tator Tots Baked Beans Peaches	20 Pasta w/ meat Sauce Hot Carrots Mandarin orange Roll	21 Cheese Pizza Cucumbers Salad Sidekick
Sandwiches and salads will not be made for Pizza day	23 K Turkey Sub Chicken Salad	24 Corn Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	25 Beef & Bean Burrito Brown Rice Black beans Lettuce / Tomato Orange	26 Chicken Nuggets Spiral Potato Hot Carrots Mandarin Orange	27 Chicken Alfredo Broccoli Salad / Carrots Apple / Roll	28 Cheese Pizza Cucumbers Salad Sidekick
	30 P Ham Sub Chef Salad	31 Breaded Steak Mashed Potatoes Broccoli Orange / Roll	1 Chicken Nuggets Spiral Potato Corn Peaches	2 Salisbury Steak Mac & Cheese White beans Cucumbers Applesauce	3 Pasta w/ Chicken Parmesan Salad Hot Carrots Apple	4 Cheese Pizza Cucumbers Salad Sidekick
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