

*Healthy tip of the month -

Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together

Oasis High School - Lunch Menu – January 2026

Milk and Juice is served with every lunch.

Lunch \$2.75



Salad Combo & Sub Combo \$2.75

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 |
|--|--|--|--|--|---|
| | | | | | 3 |
|  | | | | | |
| 4 G Ham Sub Crispy Chicken Salad | 5 No School | 6 Stromboli Meat Lovers Hot Carrots Romaine Salad Cucumbers Banana | 7 Cheeseburger Broccoli French Fries Cucumbers Let/tom Orange slices | 8 Chicken Tenders Mashed Potato WG Roll Mixed Veggies Fresh Carrots Apples | 9 Pepperoni Pizza Yogurt Fresh Carrots Romaine Salad Cucumbers Sidekick |
| 11 F Turkey Sub Chef Salad | 12 Breaded Chicken Sandwich Broccoli Spiral Potato Fresh Carrots Apples | 13 Nachos Organic Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-it/Tostitos Orange slices | 14 All Beef Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Banana/Carrot sticks | 15 Chicken Alfredo Broccoli Fresh Carrots Romaine Salad Apple | 16 Pepperoni Pizza Cheese Stick Fresh Carrots Romaine Salad Cucumber Sidekick |
| 18 R Italian Sub Turkey Salad | 19  | 20 Chicken Wings Mashed Potato Carrots/celery Romaine Salad Banana WG Roll | 21 Tacos Organic Black Beans Lettuce/Tomato Orange Slices Fresh Carrots | 22 Pasta w/ meatsauce Hot carrots Romaine Salad Cucumbers Apples WG Roll | 23 Pepperoni Pizza Cheese Stick Fresh Carrots Romaine Salad Sidekick |
| 25 U/O Ham Sub Crispy Chicken Salad | 26 Cheeseburger Broccoli Potato Wedge Lettuce/tomato Banana Fresh carrot | 27 BBQ Pulled Chicken WG Roll Mixed Veggies Potato cubes Cucumbers/Oranges Cheeze it | 28 Meatball Parm Sub Green Beans Tater Tots Orange slices Fresh Carrots | 29 Chicken Alfredo Broccoli Romaine Salad Apples Fresh Carrots | 30 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick |
| | | | | | 31 |

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Additional
Purchase
Milk .75

ONE
7:45am-8:15am

OES
8:00am-8:30am

Middle School
7:10am-7:35am




High School
6:30am-7:00am

Start your day with
a healthy breakfast.

Breakfast
\$1.25

**Menu Subject to
change**



| Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|--|-----|
| | | 1 | | | 3 |
|  | | |  | | |
| 5 No School | 6 Cinni Mini Cheese Stick Pineapple Orange Juice | 7 Scrambled Eggs Hash Brown Sausage Oranges Apple Juice | 8 Ham, Egg, Cheese Sandwich Apples Juice | 9 Banana Bread WG Yogurt Oranges Apple Juice | 10 |
| 12 Pancake Wrap Fresh Melons Apple Juice | 13 Omelette Hash Brown Yogurt Banana Orange Juice | 14 Waffles Sausage Apples Raspberry Blue Juice | 15 Egg, Bacon, Cheese Bagel Yogurt Banana Orange Juice | 16 Cereal Cheese Stick Orange slices Apple Juice | 17 |
| 19  | 20 WG Muffin Cheese Stick Orange slices Orange Juice | 21 Pancake Sausage Banana Apple Juice Syrup | 22 Bagel Yogurt Orange Apple Juice Cream Cheese | 23 Pancake Wrap Grapes Apple Juice Syrup | 24 |
| 26 Cereal Yogurt Orange Slices Apple Juice | 27 Omelette Hash Brown Apples Orange Juice | 28 Cinn. Raisin Bagel Mixed melons Apple Juice Cream Cheese | 29 Sausage Biscuit Orange slices Apple/orange juice | 30 Chocolate Muffin Yogurt Banana Apple/Orange juice | 31 |

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