

Healthy tip of the month

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. – American Dietetic Association

OEN & OES - LUNCH MENU – OCTOBER 2025

Milk is served with every lunch.

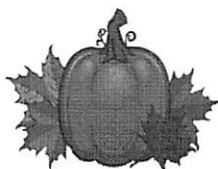
Breads/Buns are whole grain rich.

Lunch \$2.50

Salad Combo & Sub Combo \$2.50

Subs and Salads will not be made for Pizza days.

Menu Subject to Change

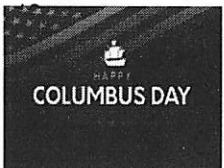
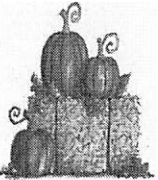


	Mon	Tue	Wed	Thu	Fri	Sat
	T Turkey Sub Crispy Chicken Salad	29 Chicken Brown Rice Plantains Salad and Apple WR Roll	30 Taco Organic Black Beans Lettuce, Tomato Orange Slices	1 Chicken Alfredo Broccoli Romaine Salad Apples	2 Boneless Chicken Fresh Green Beans Potato Cubes Banana Fresh Carrots WG Roll	3 Cheese Pizza Cucumbers Salad Sidekick
	5 J Ham Sub Turkey Salad	6 Breaded Chicken Sandwich Hot Carrots Spiral Potato Cucumbers & Ap-	7 Nachos & Doritos Organic Black Beans Lettuce / Tomatoes Salsa & Nacho Cheese Orange Slices	8 Boneless Wings Mashed Potato Green Beans Clementine Cutie Orange Fresh Carrots	9 Chicken Alfredo Broccoli Salad Apple WG Roll	10 Cheese Pizza Cucumber Sidekick Salad Fresh Carrots
	12 P Turkey Sub Chef Salad	13 <i>No School</i>	14 Cheeseburger Sweet Potato Fries Broccoli Romaine Salad Apples	15 Italian Sub Applesauce Cup Salad Tomatoes Cucumbers	16 Penne Pasta W/ Meatballs Hot Carrots Banana Romaine Salad	17 Cheese Pizza Cucumber Salad Sidekick
	19 S Italian Sub Chicken Salad	20 Chicken Tenders Mash Potatos Green Beans Romaine Salad Orange Slices	21 French Toast Sausage Potato Cubes Banana Cucumber Fresh Carrots	22 Stromboli Meat Lovers Hot carrots Pineapples Romaine Salad Cucumbers	23 Chicken Alfredo WG Roil Broccoli Romaine Salad Apples	24 Cheese Pizza Cucumbers Salad Sidekick
	26 I Ham Sub Crispy Chicken Salad	27 * Corn dog Fresh Carrots Green Beans French Fries Apple	28 Boneless Chicken Sweet Potato Fries Bananas Romaine Salad	29 Cheeseburger Spiral Potatoes Fresh Veggie Mix Let/Tom Apples	30 Pasta w/ meatsauce Hot Carrots Romaine Salad Cucumbers Apples WG Roll	31 Cheese Pizza Cucumbers Salad Sidekick

*Healthy tip of the Month:

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Oasis Charter School-Breakfast Menu– October 2025

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	A	29 Cereal Yogurt Orange Apple Juice	30 Muffin Cheese Stick Oranges Orange Juice	1 Pancake Sausage Apple Apple Juice Syrup	2 WG Bagel Yogurt Orange Slices Apple Juice Cream Cheese	3 Pancake Wrap Grapes Apple Juice Syrup	4
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	5						
OES 8:00am-8:30am	F	6 Cinn Raisin Bagel Fresh Fruit Apple Juice Cream Cheese	7 Muffin Yogurt Banana Apple Juice	8 Sausage, Egg, Cheese English Muf- fin Sandwich Orange Slices Orange Juice	9 Egg, Bacon Cheese Bagel Pineapple Apple Juice	10 Cereal Yogurt Apples Orange Juice	11
Middle School 7:10am-7:35am							
High School 6:30am-7:00am	12						
Start your day with a healthy breakfast.	E		14 WG French Toast Sausage Pineapple Apple Juice Syrup	15 Cereal Yogurt Banana Orange Juice	16 Chocolate Muffin Yogurt Oranges Apple Juice	17 Scramble Egg Hashbrown Sausage Apples Orange Juice	18
Breakfast \$1.25							
<i>Menu Subject to change</i>	19						
	D	20 Cinnamon Raisin Bagel Sliced Apple Apple Juice	21 Chocolate Muffin Yogurt Banana Apple Juice	22 Biscuit sausage Sandwich Apples Orange Juice	23 Cereal Yogurt Orange Orange Juice	24 Omelette Hashbrown Apple Apple Juice	25
							
	26						
	M	27 Cereal Yogurt Orange Apple Juice	28 Egg, Bacon, Cheese Bagel Yogurt Banana Orange Juice	29 Chocolate Muffin Yogurt Oranges Orange Juice	30 Cheese Omelette Hash Brown Sausage Apple Apple Juice	31 Mini Cinni Yogurt Banana Orange Juice	2
							

*Available online to make payments or check account balances: myschoolbucks.com
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