

***Healthy tip of the month -**

Take steps to keep you and your loved ones safe, healthy, and ready to enjoy the holidays. * **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly. * **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day. * **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents

Oasis Middle School - Lunch Menu – December 2020

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	T Ham Sub Crispy Chicken Salad	1 Breaded Chicken Patty Mashed Potato Salad Orange	2 Philly Cheese Steak Sub Green Beans Potato Wedge Fresh Carrots Apple	3 Tacos Black Beans Lettuce Tomatoes Mandarin Orange	4 Cheese Pizza Salad Cucumbers Sidekick	5
Menu subject to change.	6 P Turkey Sub Chicken Salad	7 Chicken Tenders White Beans Spiral Potato Orange	8 Stromboli Meat Lover Fresh Carrots Cucumbers Salad Hot Apples	9 Vegetarian Fried Rice Chicken Egg Roll Broccoli Cucumbers Apple	10 Chicken Parmesan Hot Carrots Salad Apple	11 Cheese Pizza Sidekick Cucumbers Salad
Lunch \$3.50	13 F Italian Sub Chef Salad	14 Nachos Black Beans Lettuce Tomatoes Orange	15 Hot Dog Green Beans Potato Cubes Hot Apple	16 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	17 Chicken Alfredo Broccoli Salad Apple	18 Cheese Pizza Sidekick Cucumbers Salad
Salad Combo & Sub Combo \$3.50	20					26
Breads/Buns are whole grain rich.						
Subs and Salads will not be made for Pizza days.						



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Menus are subject to change due to availability