

***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 2021

Milk and Juice is served with every lunch.

Menu subject to change.

Lunch \$3.75

Salad Combo & Sub Combo \$3.75

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.



Mon	Tue	Wed	Thu	Fri	Sat
				1	2
3 A Ham Sub Chicken Salad	4 Hurricane Makeup Day	5 Boneless Ckn. Wings Mashed Potato Fresh carrots White Beans Mandarin Roll	6 French Toast Sausage Potato Cubes Fresh Carrots Cucumbers Apples Syrup	7 Chicken Alfredo Broccoli Salad Fresh Carrots Apple	8 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick
10 R Turkey Sub Crispy Chicken Salad	11 Pulled Pork w/ Brown rice Black Beans Fresh carrots Salad Plantains	12 Cheeseburger Cucumbers Tater Tots Apple	13 Tacos Black Beans Fresh Carrots Lettuce / Tomatoes Orange	14 Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches	15 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
17 F Italian sub Chef Salad	18 	19 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Mandarin Orange	20 Nacho Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-It Orange	21 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	22 Pepperoni Pizza Cheese Stick Fresh Carrots cucumbers Salad Sidekick
24/31 G Ham Sub Turkey Salad	25 Chicken Tenders Mashed Potato Fresh Carrots White Beans Apple Roll	26 Stromboli Meat Lover Cucumber Salad Fresh Carrots Hot Apple	27 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	28 Pepperoni Pizza Yogurt Cucumber Fresh Carrots Salad Sidekick	29 Early Dismissal
					30

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

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Menus are subject to change due to availability