

***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 Middle School - Lunch Menu – January 2019

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.25


Salad Combo \$3.25

Sandwich Combo \$3.25

Breads/Buns are whole grain rich.

Sandwiches and salads will not be made for Pizza days.



Mon	Tue	Wed	Thu	Fri	Sat
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6 J Ham Sub Chicken Salad	7 No School	8 Professional Duty Day	9 Boneless Chicken Wings Hot Carrots Spiral Potato Mandarin Orange	10 Chicken Alfredo Broccoli Salad Fresh Apple Roll	11 Cheese Pizza Fresh Carrots Salad Sidekick
13 B Turkey Sub Chef Salad	14 Corn dog Green Beans Potato Cubes Hot Apple	15 Cheeseburger Corn Sweet Potato Mandarin Orange	16 Tacos Black beans Lettuce Tomatoes Orange	17 Pasta with Meat sauce Salad Fresh Apple Roll	18 Cheese Pizza Salad Cucumbers Sidekick
20 H Italian Sub Chicken Salad	21 	22 Hot Dog Baked beans Sweet Potato Fresh Apple	23 Frittata Hot Roll Hash Brown Sausage Patty Cucumbers Apple Juice	24 Chicken Alfredo Broccoli Salad Peaches Roll	25 Cheese Pizza Cucumber Salad Sidekick
27 N Ham Sub Chef Salad	28 Boneless Chicken Wings Mashed Potato White beans Fresh Carrots Peaches	29 Hamburger Slider Spiral Potato Green Beans Lettuce Tomatoes Orange	30 Chicken Alfredo Broccoli Salad Fresh Apple Roll	31 Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin Orange	1 Cheese Pizza Sidekick Cucumbers Salad
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*Available online to make payments or check account balances: myschoolbucks.com

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