

**\*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 2017

|  | Mon                                 | Tue  | Wed  | Thu   | Fri  | Sat   |
|--|-------------------------------------|--|--|---|--|---|
| Milk is served with every lunch.                 | P<br>Turkey Sub<br>Chicken Salad    |          |  |   |  | 2   |
| Menu subject to change.                          |                                     |  |  |   | 1<br>Cheese Pizza<br>Sidekick<br>Cucumbers<br>Salad                  |   |
| Lunch \$3.25                                     | 3<br>T<br>Italian Sub<br>Chef Salad | 4<br>Boneless Chicken<br>wings / Roll<br>Tater Tots<br>Broccoli<br>Peaches                 | 5<br>Corn Dog<br>Mac & cheese<br>Green Beans<br>Fresh Carrots<br>Apple | 6<br>Breaded Beef Steak<br>Mashed Potato<br>Salad<br>Orange<br>Roll               | 7<br>Tacos<br>Black Beans<br>Lettuce<br>Tomatoes<br>Mandarin Oranges | 8<br>Cheese Pizza<br>Fresh Carrots<br>Salad<br>Sidekick |
| Salad Combo \$3.25                               |                                     |  |  |   |  | 9   |
| Sandwich Combo \$3.25                            | 10<br>H<br>Ham Sub<br>Chicken Salad | 11<br>Frittata<br>Hash Brown<br>Sausage<br>Cucumbers<br>Apple Juice                        | 12<br>Hot Dog<br>Baked Beans<br>Sweet Potato<br>Apple                  | 13<br>Cheese Calzone<br>Cucumbers<br>Salad<br>Mandarin Orange<br>Marinara sauce   | 14<br>Cheeseburger<br>Lettuce<br>Tomatoes<br>Tater Tots<br>Orange    | 15<br>Cheese Pizza<br>Sidekick<br>Cucumbers<br>Salad    |
| Breads/Buns are whole grain rich.                |                                     |  |  |   |  | 16  |
| Sandwiches and salads will not be made for Pizza | 17<br>N<br>Turkey Sub<br>Chef Salad | 18<br>Boneless Chicken<br>Wings / Fresh Carrots<br>Mashed Potato<br>White beans<br>Peaches | 19<br>Chicken Alfredo<br>Broccoli<br>Salad<br>Apple                    | 20<br>Breaded Chicken<br>Sandwich<br>Tater Tots<br>Hot carrots<br>Mandarin Orange | 21<br>Cheese Pizza<br>Sidekick<br>Cucumbers<br>Salad                 | 22<br><br><b>Early Dismissal</b>                        |
|  | 24 / 31                             |  |  |   |  | 30  |



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