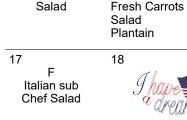
*Healthy tip of the month - Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.



Oscie Middle School

Dasis Middle School - Lunch Menu — January 2021							
		Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch. Menu subject to change.						1	2
Lunch \$3.50	3	4	5 Boneless Chicken Wings Mashed Potato	6 French Toast	7 Chicken Alfredo	8 Cheese Pizza	9
Salad Combo & Sub Combo \$3.50	A Ham Sub Chicken Salad	Hurricane Makeup Day	White Beans Mandarin Orange	Sausage Potato Cubes Cucumbers Apple Juice Syrup	Salad Broccoli Apple	Salad Cucumbers Sidekick	
Breads/Buns are whole grain rich.	10 R Turkey Sub Crispy Chicken	11 Pulled Pork w/ Brown Rice Black Beans	12 Cheeseburger Broccoli Tater Tots	13 Tacos Black Beans Lettuce	14 Pasta with Meat sauce Salad	15 Cheese Pizza Sidekick Cucumber	16

Subs and Salads will not be made for Pizza days.









Apple



Cheeseburger

Spiral Potato

27

Salad

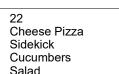
Orange

Orange

Tomatoes



Applesauce



23

30

Salad

29



24/31

G Ham Sub Turkey Salad 25 Chicken Tenders Mac & Cheese Cucumbers Corn Apple

26 Stromboli Meat Lover Salad

Cucumbers Hot carrots Marinara Sauce Hot Apple

28 Cheese Pizza Sidekick Cucumber Salad

Early Dismissal

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

This institution is an equal opportunity provider.

Menus are subject to change due to availability