

**\*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 2021

Milk is served with every lunch.

Menu subject to change.



**Lunch \$3.50**

**Salad Combo & Sub Combo \$3.50**

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	4	5	6	7	8
A Ham Sub Chicken Salad	<b>Hurricane Makeup Day</b>	Boneless Chicken Wings Mashed Potato White Beans Mandarin Orange	French Toast Sausage Potato Cubes Cucumbers Apple Juice Syrup	Chicken Alfredo Salad Broccoli Apple	Cheese Pizza Salad Cucumbers Sidekick
10	11	12	13	14	15
R Turkey Sub Crispy Chicken Salad	Pulled Pork w/ Brown Rice Black Beans Fresh Carrots Salad Plantain	Cheeseburger Broccoli Tater Tots Apple	Tacos Black Beans Lettuce Tomatoes Orange	Pasta with Meat sauce Salad Applesauce	Cheese Pizza Sidekick Cucumber Salad
17	18	19	20	21	22
F Italian sub Chef Salad		Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	Nachos Black Beans Lettuce Tomatoes Orange	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Sidekick Cucumbers Salad
24/31	25	26	27	28	29
G Ham Sub Turkey Salad	Chicken Tenders Mac & Cheese Cucumbers Corn Apple	Stromboli Meat Lover Salad Cucumbers Hot carrots Marinara Sauce Hot Apple	Cheeseburger Spiral Potato Salad Orange	Cheese Pizza Sidekick Cucumber Salad	<b>Early Dismissal</b>
					30

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

**This institution is an equal opportunity provider.**

**Menus are subject to change due to availability**