

***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 High School - Lunch Menu – December 2018

Milk and Juice 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.



	Mon	Tue	Wed	Thu	Fri	Sat
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2	T Ham Sub Chef Salad	3 Boneless Chicken wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	4 Corn Dog Mac & cheese Green Beans Fresh Carrots Cucumbers Apple	5 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Peaches	6 Breaded Beef Steak Mashed Potato Broccoli Applesauce Fresh Carrots Roll	7 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick
8						
9	F Turkey Sub Chicken Salad	10 Nachos Black Beans Lettuce / Tomatoes Granola Bar Fresh Carrots Orange	11 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potato Mandarin Orange	12 Hot Dog Cheez It Fresh Carrots Green Beans Potato Cubes Hot Apples	13 Chicken Alfredo Fresh Carrots Broccoli Salad Orange Roll	14 Pepperoni Pizza Yogurt Fresh Carrots Cucumbers Salad Sidekick
15						
16	N Italian Sub Chef Salad	17 Boneless Chicken Wings Mashed Potato White beans Peaches Fresh Carrots / Roll	18 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	19 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick	20 <div data-bbox="1407 1144 1585 1291" data-label="Text"> <p>Early Dismissal Day</p> </div>	21 <div data-bbox="1690 1144 1869 1291" data-label="Text"> <p>Early Dismissal Day</p> </div>
22						
23						29

Happy Holidays!

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

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