

***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 High School - Lunch Menu – January 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	
							
7	A Ham Sub Chicken Salad	8 Chicken Nuggets Sweet Potato White Beans Orange Roll	9 Grilled chicken Italian Sandwich Spiral Potato Green beans Fresh Carrots Orange	10 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	11 Meatball Sub Green beans Tater tots Fresh Carrots Peaches	12 Pepperoni Pizza Yogurt Cucumbers Salad sidekick	13
14	J Italian Sub Chef Salad	15 	16 Chicken wings Baked Beans Green Beans Spiral Potato Mandarin Oranges	17 Grilled Ckn. Strips Rice / Tortilla Black Beans Lettuce / Tomato Fresh Carrots Hot Apples	18 Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	19 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick	20
21	K Turkey Sub Chicken Salad	22 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple	23 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Mandarin Oranges	24 Corn Dog Mac & cheese Green Beans Fresh Carrots Cucumbers Pineapple	25 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	26 Pepperoni Pizza Cheese stick Cucumbers Salad Sidekick	27
28	F Ham Sub Chef Salad	29 Nachos Granola Bar Black Beans Lettuce / Tomato Carrots / Orange	30 Hot dog / cheez-it Potato Cubes Green Beans Fresh Carrots Hot Apples	31 Breaded Chicken Sandwich Carrots / Broccoli Spiral Potato Mandarin Oranges	1 Chicken Alfredo Broccoli / Salad Fresh Carrots Orange Roll	2 Pepperoni Pizza Yogurt Cucumbers Salad Fresh Carrots Sidekick	3

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

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