

***Healthy tip of the month -** Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news is people who are at risk for type 2 diabetes, can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

There's
always
SOMETHING
TO BE
thankful
FOR

Oasis Middle School - Lunch Menu – November 2018

| | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|---|---|--|
| Milk is served with every lunch. | J |  | | | 1 Pancake Wrap Sausage Patty Potato cubes Cucumbers Apple Juice Syrup | 3 |
| Menu subject to change. | Italian Sub Chef Salad | | | | Cheese Pizza Fresh Carrots Salad Sidekick | |
| Lunch \$3.25 | 4 | 5 | 6 | 7 | 8 | 10 |
| Salad Combo \$3.25 | B Ham sub Chicken Salad | Corn dog Green Beans Potato Cubes Hot Apple | Tacos Black beans Lettuce Tomatoes Orange | Pasta with Meat sauce Salad Apple Roll | Cheeseburger Corn Sweet Potato Mandarin Orange | Cheese Pizza Salad Cucumbers Sidekick |
| Sandwich Combo \$3.25 | 11 | 12 | 13 | 14 | 15 | 17 |
| Breads/Buns are whole grain rich. | H Turkey Sub Chef Salad | Frittata Hot Roll Hash Brown Sausage Patty Cucumbers Apple Juice | Hot Dog Baked beans Sweet Potato Apple | Cheeseburger Tater Tots Lettuce Tomatoes Orange | Chicken Alfredo Broccoli Salad Peaches Roll | Cheese Pizza Cucumber Salad Sidekick |
| Sandwiches and salads will not be made for Pizza days. | 18 | 19 | 20 |  | | 24 |
| | U Roast Turkey With Gravy / Roll Mashed Potato Corn / Fresh Carrots Apple Juice |  | | | | |
| | 25 | 26 | 27 | 28 | 28 | 30 |
|  | A Italian Sub Chicken Salad | Chicken Nuggets Mashed Potato White Beans Orange | Meatball Sub Tater Tots Hot Carrots Peaches | Italian Grilled Chicken Sandwich Spiral Potato Green Beans Applesauce | Chicken Alfredo Broccoli Salad Apple Roll | Cheese Pizza Cucumbers Salad Sidekick |



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