


***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 Middle School - Lunch Menu – December 2023

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch. Lunch \$3.50	P/L/R Turkey Sub Crispy Chicken Salad					1 Cheese Pizza Cucumbers Salad Sidekick
Salad Combo & Sub Combo \$3.50	3 B / H Ham Sub Turkey Salad	4 B Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	5 H Nachos Black Beans Lettuce Tomatoes Orange	6 H Chicken Alfredo Broccoli Salad Peaches	7 B Cheeseburger Fresh Carrots Potato Wedge Corn Mandarin Orange	8 B Cheese Pizza Cucumbers Salad Sidekick
Breads/Buns are whole grain rich.	10 F / P / G Italian Sub Chef Salad	11 F Hot Dog Green Beans Potato Cubes Hot Apple	12 P Chicken Tenders Spiral Potato White Beans Orange	13 G Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	14 F Chicken Alfredo Broccoli Salad Apple	15 F Cheese Pizza Cucumber Salad Sidekick
Subs and Salads will not be made for Pizza days.	17 M Sub & Salad Manager Choice	18 Chicken Wings Baked Beans Tater Tots Mandarin Oranges	19 Cheeseburger Green Beans Lettuce Tomatoes Spiral Potato Apple	20 Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	21 Breaded Chicken Sandwich Potato Cubes Cucumbers Fresh Carrots Pineapple	22 Cheese Pizza Cucumber Salad Sidekick
Menu Subject to Change	24	