

**\*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.



# Oasis High School - Lunch Menu – November 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
J	Italian Sub Chef Salad				1 Pancake Wrap Sausage Patty Potato Cubes Cucumbers Fresh Carrots Orange	2 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
4 B	Ham sub Chicken Salad	5 Corn Dog Green Beans Potato Cubes Fresh Carrots Hot Apple	6 Tacos Black Beans Lettuce Tomatoes Orange	7 Pasta with Meat Sauce Salad Cucumbers Apple / Roll	8 Cheeseburger Broccoli Fresh Carrots Sweet Potato Mandarin Orange	9 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
11 H	Turkey Sub Chef Salad	12 Frittata / Hot Roll Hash Brown Sausage Patty Cucumbers Fresh Carrots Pineapple	13 Hot Dog Cheez-it Baked Beans Salad Fresh Carrots Hot Apple	14 Chicken Nuggets Mac & Cheese Cucumber Green Beans Fresh Carrots Orange / Roll	15 Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	16 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
18 U		19 Roast Turkey With Gravy Mashed Potato Corn / Fresh Carrots Apple / Roll	20 			
25 A	Italian Sub Chicken Salad	26 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Orange Roll	27 Meatball Sub Tater Tots Green Beans Fresh Carrots Peaches	28 Italian Grilled Chicken Sandwich Spiral Potato Green Beans Fresh Carrots Orange	29 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	30 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick

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

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