

*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 2019

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
						5
						
	6	7	8	9	10	11
	J Ham Sub Chicken Salad	No School	Professional Duty Day	Boneless Chicken Wings Spiral Potato Baked Beans Fresh Carrots Mandarin Orange	Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
	13	14	15	16	17	18
	B Turkey Sub Chef Salad	Corn Dog Green Beans Potato Cubes Fresh Carrots Hot Apple	Cheeseburger Broccoli Fresh Carrots Sweet Potato Mandarin Orange	Tacos Black Beans Lettuce Tomatoes Orange	Pasta with Meat Sauce Salad Cucumbers Fresh Apple Roll	Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
	20	21	22	23	24	25
	H Italian Sub Chicken Salad		Hot Dog Cheez-it Baked Beans Salad Fresh Carrots Hot Apple	Frittata / Hot Roll Hash Brown Sausage Patty Cucumbers Fresh Carrots Pineapple	Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
	27	28	29	30	31	1
	N Ham Sub Chef Salad	Boneless Chicken Wings / Fresh Carrots Mashed Potato White beans Peaches Roll	Hamburger Slider Spiral Potato Fresh Carrots Lettuce Tomatoes Orange	Breaded Chicken Sandwich Tater Tots Broccoli Fresh Carrots Mandarin Orange	Chicken Alfredo Broccoli Salad Fresh Carrots Fresh Apple Roll	Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
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*Available online to make payments or check account balances: myschoolbucks.com

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