\*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 2018

Mon Tue Wed Thu Fri Sat Milk is served with every lunch. Menu subject to Can Stock Photo - csp41902151 change. 2 5 Lunch \$3.25 Boneless Chicken **Breaded Steak** Cheese Pizza Corn Dog Tacos Mac & Cheese Ham Sub Wings Black Beans Mashed Potato Fresh Carrots Chef Salad Broccoli Green Beans Lettuce Salad Salad Salad Combo \$3.25 **Tater Tots** Fresh Carrots Tomatoes Orange Sidekick Peaches / Roll Mandarin Orange Roll Apple **Sandwich Combo** \$3.25 9 10 13 14 11 12 15 **Breaded Chicken** Hot Dog Chicken Alfredo Cheese Pizza Nachos **Black Beans** Turkey Sub Sandwich Green beans Broccoli Cucumbers Breads/Buns are Chicken Salad Potato Cubes Lettuce Hot Carrots Salad Salad **Tomatoes** Spiral Potato Apple whole grain rich. Hot Apple Sidekick Mandarin Orange Roll Orange Sandwiches and salads will not be 16 17 18 19 20 21 22 made for Pizza Ν Boneless Chicken Chicken Alfredo Cheese Pizza days. Italian Sub Broccoli Sidekick Wings Mashed Potato Chef Salad Salad Cucumbers **Dismissal** Dismissa White beans Apple Salad Fresh Carrots Roll Peaches 29

