

***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 Elementary - Lunch Menu – November 2018

| | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|---|---|---|
| Milk is served with every lunch. | J | November | | | 1 | 3 |
| Menu subject to change. | Italian Sub Chef Salad | | | Pancake Wrap Potato cubes Cucumbers Apple Juice Syrup | 2 Cheese Pizza Fresh Carrots Salad Sidekick | |
| Lunch \$3.25 | 4 | 5 | 6 | 7 | 8 | 10 |
| Breads/Buns are whole grain rich. | 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 | 9 Cheese Pizza Salad Cucumbers Sidekick |
| OES offers | | | | | | |
| Salad Combo & Sandwich Combo \$3.25 | 11 | 12 | 13 | 14 | 15 | 17 |
| | 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 Fresh Carrots Peaches Roll | 16 Cheese Pizza Cucumber Fresh Carrots Sidekick |
| | 18 | 19 | 20 | Happy Thanksgiving | | 24 |
| | U Roast Turkey With Gravy / Roll Mashed Potato Corn / Fresh Carrots Apple Juice | Ham Sub Fruit Cup Salad Cucumber | | | | |
| | 25 | 26 | 27 | 28 | 28 | 30 |
| | A Italian Sub Chicken Salad | Chicken Nuggets Mashed Potato White Beans Orange | Meatball Sub Tater Tots Hot Carrots Pineapple | Italian Grilled Chicken Sandwich Spiral Potato Green Beans Applesauce | Chicken Alfredo Broccoli Salad Apple Roll | Cheese Pizza Cucumbers Salad Sidekick |



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