

***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 Elementary - Lunch Menu – December 2018

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.25

Breads/Buns are whole grain rich.

OES offers

Salad Combo & Sandwich Combo \$3.25



	Mon	Tue	Wed	Thu	Fri	Sat	
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2	T Ham Sub Chef Salad	3 Boneless Chicken Wings Broccoli Tater Tots Peaches Roll	4 Corn Dog Mac & Cheese Green Beans Fresh Carrots Apple	5 Tacos Black Beans Lettuce Tomatoes Mandarin Orange	6 Breaded Steak Mashed Potato Salad Applesauce Roll	7 Cheese Pizza Fresh Carrots Salad Sidekick	8
9	F Turkey Sub Chicken Salad	10 Nachos Black Beans Lettuce/ Tomatoes Orange	11 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	12 Hot Dog Green beans Potato Cubes Hot Apple	13 Chicken Alfredo Broccoli Salad Apple Roll	14 Cheese Pizza Cucumbers Salad Sidekick	15
16	N Italian Sub Chef Salad	17 Boneless Chicken Wings Mashed Potato White beans Fresh Carrots Peaches	18 Chicken Alfredo Broccoli Salad Apple Roll	19 Cheese Pizza Sidekick Cucumbers Salad	20 Turkey Sub Fruit Cup Salad Cucumbers	21 Ham Sub Fruit Cup Salad Cucumbers	22
23	:					29	

*Available online to make payments or check account balances: myschoolbucks.com

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