

***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 2017

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
	K Turkey Sub Chef Salad			2 Corn Dog Mac & cheese Green Beans Fresh Carrots Cucumbers Pineapple	3 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick	4
	5 A Italian Sub Chicken salad	6 Chicken Nuggets Sweet Potato White Beans Roll Orange	7 Meatball sub Green beans Tater tots Fresh Carrots Peaches	8 Early Release	9 Chicken Alfredo Broccoli Salad Fresh Carrots Roll \ Apple	10 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick
	12 H Ham Sub Chef Salad	13 Frittata Hash Brown Sausage Cucumbers Fresh Carrots Pineapple	14 Hot Dog Cheez-it Baked Beans Salad Fresh Carrots Sliced Apple	15 Cheese Calzone Salad Fresh Carrots Fresh Apple Marinara sauce	16 Chicken Nuggets Mac & Cheese Cucumbers / Carrots Green Beans Orange Roll	17 Pepperoni Pizza Cheese Stick Cucumbers Salad sidekick
	19 U	20 Roast Turkey With Gravy Mashed Potato Corn Apples Roll	21 Early Dismissal			25
	26 P Turkey Sub Chicken Salad	27 Salisbury Steak Mashed Potato White beans Cucumber / Carrots Applesauce Roll	28 Pasta With Chicken Parmesan Salad Cucumbers Hot Carrots Apple	29 Breaded Steak Mashed Potatoes Broccoli Applesauce Roll	30 Chicken Nuggets Spiral Potato Hot Carrots Cucumbers Peaches Roll	1 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick

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

This institution is an equal opportunity provider.