

***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 High School - Lunch Menu – December 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
	P Turkey Sub Chicken Salad					1 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick
	3 T Italian Sub Chef Salad	4 Boneless Chicken wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	5 Corn Dog Mac & cheese Green Beans Fresh Carrots Cucumbers Apple	6 Breaded Beef Steak Mashed Potato Broccoli Applesauce Roll	7 Tacos Black Beans Lettuce / Tomatoes Fresh Carrots Peaches	8 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick
	10 H Ham Sub Chicken Salad	11 Frittata Hash Brown Sausage Cucumbers Fresh Carrots Pineapple	12 Hot Dog Cheez-it Baked Beans Salad Fresh Carrots Hot Apple	13 Cheese Calzone Salad Fresh Carrots Fresh Apple Marinara sauce	14 Chicken Nuggets Roll Mac & Cheese Cucumbers Fresh Carrots Green Beans Orange	15 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
	17 N Turkey Sub Chef Salad	18 Boneless Chicken Wings Mashed Potato White beans Peaches Fresh Carrots / Roll	19 Chicken Alfredo Broccoli Salad Fresh Carrots Apple	20 Breaded Chicken Sandwich Tater Tots Broccoli Fresh Carrots Mandarin Orange	21 Pepperoni Pizza Cheese Stick Cucumbers Salad sidekick	22 Early Dismissal
	24 / 31					30



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

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