

*Healthy tip of the month -

Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together

Oasis High School - Lunch Menu – January 2023

Milk and Juice is served with every lunch.

Lunch \$3.75

Salad Combo & Sub Combo \$3.75

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

Menu subject to change.



	Mon	Tue	Wed	Thu	Fri	Sat
1	2					7
8	9	10	11	12	13	14
A Ham Sub Chicken Salad	Professional Duty Day	Boneless Chicken Wings / Roll Mashed Potatoes White Beans Fresh Carrots Peaches	Meatball Sub Green Beans Tater Tots Fresh Carrots Marinara Sauce Orange	Chicken Alfredo Broccoli Fresh Carrots Salad Apple	Pepperoni Pizza Yogurt Cucumber Salad Sidekick	
15	16	17	18	19	20	21
F Turkey Sub Chef Salad		Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It	Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Mandarin Orange	Chicken Alfredo Fresh Carrots Broccoli Salad Orange	Pepperoni Pizza Cheese Stick Fresh Carrots Salad cucumber Sidekick	
22	23	24	25	26	27	28
M Italian Sub Turkey Salad	Boneless Chicken Wings / Roll Tater Tots Fresh carrots Cucumbers	Cheeseburger Broccoli Cucumber Spiral potato Orange		Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	
29	30	31	1	2	3	4
P Ham Sub Crispy Chicken Salad	Stromboli Meat Lover Cucumbers Salad Fresh Carrots Applesauce	Chicken Tenders Mashed Potato White Beans Fresh Carrots Roll / Apple	Vegetarian Fried Rice Chicken / Egg Roll Broccoli / Cucumbers Fresh Carrot Applesauce	Chicken Parmesan Pasta Hot Carrots Salad Cucumber / Apple	Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	

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

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