

***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 Middle School - Lunch Menu – January 2023

Milk is served with every lunch.

Lunch \$3.50

Salad Combo & Sub Combo \$3.50

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 Mashed Potatoes White beans Peaches	Meatball Sub Hot Carrots Tater Tots Orange	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Cucumber Salad Sidekick	
15	16	17	18	19	20	21
F Turkey Sub Chef Salad		Hot Dog Green Beans Potato Cubes Hot Apple	Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Oranges	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Cucumber Salad Sidekick	
22	23	24	25	26	27	28
M Italian Sub Turkey Salad	Boneless Wings Tater Tots Baked Beans Mandarin Orange	Cheeseburger Lettuce Tomatoes Green Beans Spiral Potatoes Apple		Penne Pasta With Meat Sauce Hot Carrots Salad Peaches	Cheese Pizza Cucumber Salad Sidekick	
29	30	31	1	2	3	4
P Ham Sub Crispy Chicken Salad	Stromboli Meat Lover Fresh Carrots Cucumbers Salad Hot Apple	Chicken Tenders Spiral Potatoes White Beans Orange	Vegetarian Fried Rice Egg Roll Chicken Broccoli / Cucumber Apple	Chicken Parmesan Pasta Hot Carrots Salad Apple	Cheese Pizza Cucumber Salad Sidekick	

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