

**\*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 2021

Milk and Juice is served with every lunch.

Menu subject to change.



**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.



	Mon	Tue	Wed	Thu	Fri	Sat
	1 L Italian sub Chicken Salad	2 Chicken Tenders Potato wedges Fresh Carrots White Beans Salad Peaches	3 French Toast Sausage (2) Potatoes Cubes Cucumbers Fresh Carrots Apple	4 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	5 Cheeseburger Potato Cubes Fresh Carrots Salad Pineapple	6 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
7 B Turkey Sub Chef Salad	8 Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	9 Cheeseburger Potato Wedges Fresh Carrots Broccoli Mandarin Oranges	10 Penne Pasta With Meat Sauce Cucumber Salad Apple	11  Hurricane Make up	12 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	13
14 O Ham Sub Turkey Salad	15 Hot Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	16 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	17 Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn / Apple	18 Meatball Sub Green Beans Tater Tots Fresh Carrots Peaches	19 Pepperoni Pizza Yogurt Cucumber Salad Sidekick	20
21						27
28 N Italian Sub Crispy Chicken Salad	29 Boneless Chicken Wings / Roll Mashed Potato White Beans Fresh Carrots Peaches	30 Chicken Alfredo Broccoli Fresh carrots Cucumbers Apple	1 Breaded Chicken Sandwich Tater Tots Broccoli Fresh Carrots Mandarin Oranges	2 Hamburger Fresh Carrots Lettuce Tomatoes Potato Wedges Orange	3 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	4

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