

***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 Middle School - Lunch Menu – November 2021

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.	L Italian sub Chicken Salad	1 Chicken Tenders Potato wedges White Beans Salad Orange	2 French Toast Sausage (2) Potatoes Cubes Cucumbers Fresh Carrots Apple Juice	3 Chicken Alfredo Broccoli Salad Apple	4 Cheeseburger Tater Tots Fresh Carrots Salad Apple	5 Cheese Pizza Cucumber Salad Sidekick	6
Menu subject to change.	7 B Turkey Sub Chef Salad	8 Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	9 Cheeseburger Potato Wedges Fresh Carrots Corn Mandarin Oranges	10 Penne Pasta With Meat Sauce Cucumbers Salad Apple	11  Hurricane Make up Day	12 Cheese Pizza Cucumber Salad Sidekick	13
Lunch \$3.50							
Salad Combo & Sub Combo \$3.50							
Breads/Buns are whole grain rich.	14 O Ham Sub Turkey Salad	15 Hot Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	16 Chicken Alfredo Broccoli Salad Peaches	17 Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn / Apple	18 Meatball Sub Green Beans Tater Tots Pineapple	19 Cheese Pizza Salad Cucumbers Sidekick	20
Subs and Salads will not be made for Pizza days.	21					27	
	28 N Italian Sub Crispy Chicken Salad	29 Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	30 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	1 Breaded Chicken Sandwich Hot Carrots Tater Tots Mandarin Oranges	2 Hamburger Green Beans Lettuce Tomatoes Potato Wedges Orange	3 Cheese Pizza Cucumber Salad Sidekick	4

*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.