

**\*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 2022

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
	R Ham Sub Chicken Salad	 1 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Orange	2 Hot Dog / Cheez-it Potato Cubes Fresh Carrots Salad Pineapple	3 Penne Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches	4 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	5
	6 G Turkey Sub Crispy Chicken Salad	7 Stromboli Meat Lovers Cucumbers Fresh Carrots Salad Hot Apples	8 BBQ Grilled Chicken Sandwich Fresh Carrots Cucumbers Tater Tots Mandarin	9 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple Roll	10 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	11 Pepperoni Pizza Yogurt Cucumber Fresh carrots Salad / Sidekick <b>Veterans Day</b>
	13 J Italian Sub Chef Salad	14 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Apple	15 Boneless Chicken Wings / Roll Spiral Potato Baked Beans Mandarin Oranges	16 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	17 Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn / Apple	18 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick
	20					26
	27 A Ham Sub Turkey Salad	28 Boneless Chicken Wings / Roll Mashed Potatoes White Beans Fresh Carrots Orange	29 Meatball Sub Green Beans Tater Tots Fresh Carrots Marinara Sauce Peaches	30 French Toast Sausage Potato cubes Fresh Carrots Cucumbers Apple	1 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	2 Pepperoni Pizza Yogurt Cucumber Salad Sidekick
						3

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)  
This institution is an equal opportunity provider.