

***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 2019

Milk is served with every lunch.

Menu subject to change.

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.



	Mon	Tue	Wed	Thu	Fri	Sat	
		NOVEMBER 					
	T Italian Sub Chef Salad				1 Cheese Pizza Sidekick Cucumbers Salad	2	
	3 F Ham Sub Chicken Salad	4 Hot Dog Green Beans Potato Cubes Hot Apple	5 Nachos Black Beans Lettuce / Tomatoes Orange	6 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	7 Chicken Alfredo Broccoli Salad Apple	8 Cheese Pizza Sidekick Cucumbers Salad	9
	10 G Turkey Sub Chef Salad	11 	12 BBQ Grilled Ckn. Sandwich Baked beans Tater Tots Mandarin Orange	13 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	14 Cheeseburger Spiral Potato Salad Orange	15 Cheese Pizza Sidekick Cucumbers Salad	16
	17 A Italian Sub Chicken Salad	18 Boneless Ckn. Wings Mashed Potato White Beans Orange	19 Meatball Sub Hot Carrots Tater Tots Peaches	20 Roast Turkey With Gravy / Roll Mashed Potato Corn / Fresh Carrots Apple Juice	21 Chicken Alfredo Broccoli Salad Apple	22 Cheese Pizza Sidekick Cucumbers Salad	23
	24						

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