

***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 2019

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 | |
|---|---|--|---|--|---|--|---|
| | T Italian Sub Chef Salad | | | | | 1 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick | 2 |
| 3 F Ham Sub Chicken Salad | 4 Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Hot Apple | 5 Nacho Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-It Orange | 6 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Mandarin Orange | 7 Chicken Alfredo Fresh Carrots Broccoli Salad Orange | 8 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick | 9 | |
| 10 G Turkey Sub Chef Salad | 11 | 12 BBQ Grilled Chicken Sandwich Fresh Carrots Cucumbers Tater Tots Mandarin Orange | 13 Chicken Tenders Mashed Potato Fresh Carrots White Beans Pineapple | 14 Cheeseburger Broccoli Cucumbers Spiral Potato Orange | 15 Pepperoni Pizza Yogurt Cucumber Fresh Carrots Salad Sidekick | 16 | |
| 17 A Italian Sub Chicken Salad | 18 Boneless Ckn. Wings Mashed Potato Fresh Carrots White Beans Orange | 19 Meatball Sub Green Beans Fresh Carrots Tater Tots Peaches | 20 Roast Turkey With Gravy Mashed Potato Corn / Fresh Carrots Apple / Roll | 21 Chicken Alfredo Broccoli Fresh Carrots Salad Apple | 22 Pepperoni Pizza Yogurt Cucumber Salad Sidekick | 23 | |
| 24 | | | | | | | |

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

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