

***Healthy tip of the month -**



Take steps to keep you and your loved ones safe, healthy, and ready to enjoy the holidays. * **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly. * **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day. * **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents

Oasis Middle School - Lunch Menu – December 2019

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.	1 B Ham Sub Chef Salad	2 Corn Dog Green Beans Potato Cubes Hot Apple	3 Cheeseburger Potato Wedge Fresh Carrots Corn Mandarin Orange	4 Tacos Black Beans Lettuce Tomatoes Orange	5 Pasta w/ Meat Sauce Salad Apple	6 Cheese Pizza Sidekick Cucumbers Salad	7
Menu subject to change.	8 K Turkey sub Chicken Salad	9 Chicken Tenders Mashed Potato White Beans Mandarin Orange	10 Nachos Black Beans Lettuce Tomatoes Orange	11 French Toast Sausage Potato Cubes Cucumbers Apple Juice	12 Chicken Alfredo Broccoli Salad Apple	13 Cheese Pizza Sidekick Cucumbers Fresh Carrots Salad	14
Lunch \$3.50	15 N Italian Sub Chef Salad	16 Breaded Chicken Sandwich Hot Carrots Tater Tots Mandarin Orange	17 Boneless Ckn. Wings Mashed Potato White beans Fresh Carrots Peaches	18 Chicken Alfredo. Fresh Carrots Broccoli Salad Apple	19 Cheese Pizza Sidekick Cucumbers Salad	20 Early Dismissal	21
Salad Combo & Sub Combo \$3.50	22						
Breads/Buns are whole grain rich.							
Subs and Salads will not be made for Pizza days.							



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