

**\*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 High School - Lunch Menu – December 2019

	Mon	Tue	Wed	Thu	Fri	Sat
1 B Ham Sub Chef Salad	2 Corn Dog Green Beans Fresh Carrots Potato Cubes Hot Apple	3 Cheeseburger Potato Wedge Fresh Carrots Broccoli Mandarin Orange	4 Tacos Black Beans Lettuce Tomatoes Orange	5 Pasta w/ Meat Sauce Cucumbers Salad Apple	6 Pepperoni Pizza Cheese Stick Sidekick Cucumbers Salad	7
8 K Turkey sub Chicken Salad	9 Chicken Tenders Mashed Potato White Beans Fresh Carrots Mandarin Orange Roll	10 Nachos / Cheez-It Black Beans Lettuce Tomatoes Fresh Carrots Orange	11 French Toast Sausage Potato Cubes Fresh Carrots Cucumbers Apple	12 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	13 Pepperoni Pizza Cheese Stick Sidekick Cucumbers Salad	14
15 N Italian Sub Chef Salad	16 Breaded Chicken Sandwich Fresh Carrots Broccoli Tater Tots Mandarin Orange	17 Boneless Ckn. Wings Mashed Potato White beans Fresh Carrots Peaches Roll	18 Chicken Alfredo Fresh Carrots Broccoli Salad Apple	19 Pepperoni Pizza Cheese Stick Sidekick Cucumbers Salad	20 <b>Early Dismissal</b>	21
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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.



\*Available online to make payments or check account balances: [myschoolbucks.com](http://myschoolbucks.com)

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