

**\*Healthy tip of the month - Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

# Oasis Middle School - Lunch Menu – January 2020

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
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5 H Sub & Salad Will not be serve this week	6 Hurricane Makeup Day	7 Professional Duty Day	8 Frittata, Sausage, Hash Brown Green Beans Apple Juice Hot Roll	9 Chicken Alfredo Broccoli Salad Peaches	10 Cheese Pizza Sidekick Fresh Carrots Salad
12 O Turkey Sub Chef Salad	13 Hot Dog Mac & Cheese Hot Carrots Cucumbers Pineapple	14 Tacos Black Beans Lettuce /Tomatoes Orange	15 Meatball Sub Green Beans Tater Tots Pineapple	16 Chicken Alfredo Broccoli Salad Peaches	17 Cheese Pizza Sidekick Cucumbers Salad
19 P Italian Sub Chicken Salad	20 	21 Chicken Tenders White Beans Spiral Potato Peaches	22 Stromboli Meat Lover Fresh Carrots Cucumbers Salad Hot Apples	23 Chicken Parmesan Hot Carrots Salad Apple	24 Cheese Pizza Sidekick Cucumbers Salad
26 T Ham Sub Chef Salad	27 Breaded beef Steak Mashed Potato Salad Orange	28 Corn Dog Mac & Cheese Green Beans Fresh Carrots Apple	29 Boneless Ckn. Wings Broccoli Fresh Carrots Tater Tots Peaches	30 Tacos Black Beans Lettuce Tomatoes Mandarin Orange	31 Cheese Pizza Sidekick Cucumbers Salad

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