

\*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 High School - Lunch Menu – January 2020

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	
						4	
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 Fresh Carrots Pineapple Hot Roll & Cheez-It	9 Chicken Alfredo Broccoli Salad Fresh Carrots Orange	10 Pepperoni Pizza Cheese Stick Sidekick Fresh Carrots Cucumbers Salad	11
12	O Turkey Sub Chef Salad	13 Hot Dog Mac & Cheese Hot Carrots Cucumbers Pineapple	14 Tacos Black Beans Lettuce /Tomatoes Fresh Carrots Orange	15 Meatball Sub Green Beans Fresh Carrots Tater Tots Peaches	16 Chicken Alfredo Fresh Carrots Broccoli Salad Apple	17 Pepperoni Pizza Yogurt Sidekick Cucumbers Salad	18
19	P Italian Sub Chicken Salad	20 	21 Chicken Tenders White Beans Mashed Potato Peaches Roll	22 Stromboli Meat Lover Fresh Carrots Cucumbers Salad Applesauce	23 Chicken Parmesan Hot Carrots Cucumbers Salad Apple	24 Pepperoni Pizza Cheese Stick Sidekick Fresh Carrots Salad	25
26	T Ham Sub Chef Salad	27 Breaded beef Steak Mashed Potato Fresh Carrots Broccoli Applesauce Roll	28 Corn Dog Mac & Cheese Green Beans Fresh Carrots Cucumbers Apple	29 Boneless Ckn. Wings Broccoli Fresh Carrots Tater Tots Peaches Roll	30 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Peaches	31 Pepperoni Pizza Cheese Stick Sidekick Fresh Carrots Salad	

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

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