

*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

Christa McAuliffe & Oasis Elementary - Lunch Menu – December 2019

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.50

Breads/Buns are whole grain rich.

CME & OES offers

Salad Combo & Sub Combo \$3.50

Subs and Salads will not be made for Pizza days.

| | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------------------|--|---|---|--|---|-----|
| 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 |
| 8 K Turkey sub Chicken Salad | 9 Chicken Tenders Mashed Potato White Beans Fresh Carrots 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 Salad | 14 |
| 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 Broccoli Salad Apple | 19 Cheese Pizza Sidekick Cucumbers Salad | 20 Ham Sub Applesauce Cup Salad Cucumbers | 21 |

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