

***Healthy tip of the month -**

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news is people who are at risk for type 2 diabetes, can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.



Oasis High School - Lunch Menu – November 2023

Milk and Juice is served with every lunch.

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.

Menu subject to change.



	Mon	Tue	Wed	Thu	Fri	Sat	
29	J Turkey Sub Chicken Salad		1 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Apple	2 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Orange	3 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick	4	
5	A Ham Sub Turkey Salad	6 Chicken Wings Roll Mashed Potatoes White Beans Fresh Carrots Orange	7 French Toast Sausage Potato Cubes Fresh Carrots Cucumbers Apple	8 Meatball Sub Green Beans Tater Tots Fresh Carrots Marinara Sauce Peaches	9 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	10 Pepperoni Pizza Yogurt Cucumber Salad Sidekick	11
12	T/G/U Italian Sub Chef Salad	13 Corn Dog Fresh Carrots Green Beans Potato Wedges Apple	14 Stromboli Meat Lovers Cucumbers Fresh Carrots Salad Hot Apples	15 Chicken Tenders Mashed Potato Fresh Carrots White Beans Salad Roll / Apple	16 Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn Apple	17 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	18
19							
26	P/L/R Turkey Sub Crispy Chicken Salad	27 Vegetarian Fried Rice Egg Roll Chicken Chunks Broccoli Applesauce	28 Chicken Tenders Potato Wedges White Beans Fresh Carrots Roll / Apple	29 Tacos Black Beans Fresh Carrots Lettuce Tomatoes Orange	30 Penne Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches	1 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	2

*Available online to make payments or check account balances: myschoolbucks.com

This institution is an equal opportunity provider.