

***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 Middle School - Lunch Menu – December 2022

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.	A Ham Sub Turkey Salad				1 Chicken Alfredo Broccoli Salad Apple	2 Cheese Pizza Cucumber Salad Sidekick	3
Lunch \$3.50							
Salad Combo & Sub Combo \$3.50	4 G Italian Sub Chef Salad	5 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	6 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin	7 Chicken Tenders Mac & Cheese Corn Cucumbers Apple	8 Cheeseburger Spiral Potato Salad Orange	9 Cheese Pizza Cucumbers Salad Sidekick	10
Breads/Buns are whole grain rich.							
Subs and Salads will not be made for Pizza days.	11 B Turkey Sub Crispy Chicken Salad	12 Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	13 Cheeseburger Potato Wedges Fresh Carrots Corn Mandarin Oranges	14 Tacos Black Beans Lettuce Tomatoes Orange	15 Penne Pasta With Meat Sauce Cucumbers Salad Apple	16 Cheese Pizza Cucumber Salad Sidekick	17
Menu Subject to Change	18 H Ham Sub Turkey Salad	19 Nachos Black Beans Lettuce Tomatoes Salsa Orange	20 Chicken Alfredo Broccoli Salad Peaches	21 			24
	25						31

*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.