

***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 Middle School - Lunch Menu – November 2022

Milk is served with every lunch.

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.

Menu Subject to Change



	Mon	Tue	Wed	Thu	Fri	Sat
	R Ham Sub Chicken Salad	 1 Tacos Black Beans Lettuce Tomatoes Orange	2 Hot Dog Potato Cubes Fresh Carrots Salad Orange	3 Penne Pasta W/ Meat Sauce Salad Fresh Carrots Applesauce	4 Cheese Pizza Cucumber Salad Sidekick	5
	6 G Turkey Sub Crispy Chicken Salad	7 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apples	8 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Oranges	9 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	10 Cheeseburger Spiral Potato Salad Orange	11 Cheese Pizza Cucumbers Salad Sidekick Veterans Day
	13 J Italian Sub Chef Salad	14 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Apple	15 Boneless Chicken Wings Mashed Potato White beans Mandarin oranges	16 Chicken Alfredo Broccoli Salad Apple	17 Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn / Apple	18 Cheese Pizza Salad Cucumbers Sidekick
	20					26
	27 A Ham Sub Turkey Salad	28 Boneless Chicken Wings Mashed Potatoes White beans Orange	29 Meatball Sub Hot Carrots Tater Tots Peaches	30 French Toast Sausage Potato Cubes Cucumbers Apple Juice	1 Chicken Alfredo Broccoli Salad Apple	2 Cheese Pizza Cucumber Salad Sidekick
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