

\*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 2024

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	
					6	
7 A Ham Sub Chef Salad	8 <b>Professional Duty Day</b>	9 Chicken Wings Roll Mashed Potatoes White Beans Fresh Carrots Orange	10 Meatball Sub Green Beans Tater Tots Fresh Carrots Marinara Sauce Peaches	11 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	12 Pepperoni Pizza Yogurt Cucumber Salad Sidekick	13
14 G Turkey Sub Chicken Salad	15 	16 Stromboli Meat Lovers Cucumbers Fresh Carrots Salad Hot Apples	17 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	18 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple Roll	19 Pepperoni Pizza Yogurt Cucumber Fresh Carrots Salad Sidekick	20
21 R/P/T Italian Sub Turkey Salad	22 Hot Dog Cheez-It Potato Cubes Fresh Carrots Salad Pineapple	23 Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Fresh Carrots Egg Roll	24 Chicken Wings Roll Mashed Potato Broccoli Fresh Carrots Peaches	25 Chicken Parm W Pasta Hot Carrots Salad Cucumbers Apple	26 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	27
28 J/B Ham Sub Crispy Chicken Salad	29 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Apple	30 Tacos Black Beans Lettuce Tomatoes Fresh Carrots Orange	31 Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	1 Penne Pasta w Meat Sauce Cucumbers Salad Apple	2 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick	3

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

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