

**\*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 High School - Lunch Menu – December 2022

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
<b>A</b> Ham Sub Turkey Salad				1 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	3 
	4 <b>G</b> Italian Sub Chef Salad	5 Stromboli Meat Lovers Cucumbers Fresh Carrots Salad Hot Apples	6 BBQ Grilled Chicken Sandwich Fresh Carrots Cucumbers Tater Tots Mandarin	7 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple Roll	8 Cheeseburger Broccoli Cucumbers Spiral Potato Orange
11 <b>B</b> Turkey Sub Crispy Chicken Salad	12 Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	13 Cheeseburger Potato Wedges Fresh Carrots Broccoli Mandarin Oranges	14 Tacos Black Beans Lettuce Tomatoes Orange	15 Penne Pasta With Meat Sauce Cucumber Salad Apple	16 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
18 <b>H</b> Ham Sub Turkey Salad	19 Nachos Black Beans Fresh Carrots Lettuce/ Tomatoes Cheez-it / Orange	20 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	21 		24 
25					31

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