

***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 2021

Milk and Juice is served with every lunch.

Menu subject to change.

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.



	Mon	Tue	Wed	Thu	Fri	Sat
	N Italian Sub Crispy Chicken Salad			2 Hamburger Fresh Carrots Lettuce Tomatoes Potato Wedges Orange	3 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	4
	5 A Turkey Sub Chef Salad	6 Boneless Chicken Wings / Roll Mashed Potato White Beans Fresh Carrots Orange	7 French Toast Sausage Links (2) Potato Cubes Cucumbers Fresh Carrots Apple	8 Meatball Sub Fresh Carrots Green Beans Tater Tots Peaches	9 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	10 Pepperoni Pizza Yogurt Cucumber Salad Sidekick
	12 F Ham sub Chicken Salad	13 Nachos Cheez-It Black Beans Fresh Carrots Lettuce /Tomatoes Orange	14 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Mandarin Oranges	15 Hot Dog Cheez-It Green Beans Potato Cubes Fresh Carrots Hot Apple	16 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	17 Early Dismissal
	19					25
	26					1



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