

**\*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 2023

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk and Juice is served with every lunch.	P/L/R Turkey Sub Crispy Chicken Salad					1 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	2
<b>Lunch \$3.75</b>							
<b>Salad Combo &amp; Sub Combo \$3.75</b>	3 B / H Ham Sub Turkey Salad	4 B Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	5 H Nachos Black Beans Lettuce /Tomatoes Fresh Carrots Orange Cheez-It	6 H Chicken Alfredo Broccoli Salad Fresh Carrots Orange	7 B Cheeseburger Fresh Carrots Broccoli Potato Wedge Mandarin Orange	8 B Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	9
Breads/Buns are whole grain rich.							
Subs and Salads will not be made for Pizza days.	10 F / P/ G Italian Sub Chef Salad	11 F Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It	12 P Chicken Tenders Mashed Potato Fresh Carrots White Beans Apple Roll	13 G Stromboli Meat Lovers Cucumbers Fresh Carrots Salad Hot Apples	14 F Chicken Alfredo Fresh Carrots Broccoli Salad Orange	15 F Pepperoni Pizza Cheese Stick Fresh Carrots Salad cucumber Sidekick	16
<b>Menu subject to change.</b>							
	17 M Sub & Salad Manager Choice	18 Chicken Wings Fresh Carrots Cucumbers Tater Tots Mandarin Oranges Roll	19 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	20 Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	21 Breaded Chicken Sandwich Potato Cubes White Beans Apple	22 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	23
	24						

