*Healthy tip of the month :

Does your child get enough <u>sleep</u>? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being <u>overweight</u>. Sleep shortfalls may increase <u>hunger</u> hormones -- so kids eat more. Also, kids are less likely to get <u>exercise</u> (and burn off calories) when they're tired.

Oasis High School - Lunch Menu – November 2016

Milk and Juice is served with every lunch. P Served with every lunch. Served with every lunc			Mon	Tue	Wed	Thu	Fri	Sat
lunch.P Ham Sub Change.Ham Sub Chef Salad1 Chef SaladCicken Spiral Potato2 Salisbury Steak Mac & Cheese White beans Cucumbers / Carrots Applesauce / Roll3 Salad / Cucumbers Apple4 Pepproni Pizza Cheese stick Fresh Carrots Salad / Cucumbers Apple4 Pepproni Pizza Cheese stick Cucumbers Apple5 Pepproni Pizza Cheese stick Cucumbers Apple3 Apple4 Pepproni Pizza Cheese stick Cucumbers Apple5 Pepproni Pizza Cheese stick Cucumbers Apple3 Pepproni Pizza Cheese stick Cucumbers Salad4 Pepproni Pizza Cheese stick Cucumbers Salad / Sidekick4 Pepproni Pizza Cheese stick Cucumbers Salad Sidekick1 Pepperoni Pizza Cheese stick Cucumbers Salad Sidekick112Sandwich Combo Salad7 T T T T Com Dog Mac & Cheese Cheese stack Cucumbers Carrots Salad15 Chicken Nuggets Mashed Potato Carrots Peaches / Roll16 Early Dismissal Early Dismissal17 T T Tacos Black Beans Cheese stick Carrots Salad Sidekick19 Pepperoni Pizza Cheese stick Carrots Salad Sidekick19 Pepperoni Pizza Cheese stick Carrots Salad19 Pepperoni Pizza Cheese stick Carrots Salad19 Pepperoni Pizza Cheese stick Carrots Salad19 Pepperoni Pizza Cheese stick Carrots Salad10 Carrots Salad11 Carrots Salad19 Pepperoni Pizza Cheese stick Carrots Salad10 Carrots Salad10 Carrots Salad10 Carrots Salad10 Carrots Sal			~					
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Salad Combo \$3.25N Italian Sub ChickenBoneless Chicken Wings Sweet Potato White beans Peaches / RollChicken Alfredo Broccoli Salad Fresh Carrots AppleBreaded Chicken Sandwich Tater Tots Broccoli / Carrots Broccoli / Carrots Peaches / RollPeoperoni Pizza Chicken Strips Broccoli / Carrots Peaches / Roll1913 T Turkey Sub Chef Salad14 Corn Dog Mac & Cheese Cucumbers Carrots Green Beans Apple15 Chicken Nuggets Broccoli Carrots Peaches / Roll16 Early Dismissal17 Tacos Black Beans Lettuce / Tomato Carrots Peaches18 Peperoni Pizza Cheese stick Cheese stick Cheese stick Cheese stick Cheese stick Cheese stick Carrots Peaches19 Peperoni Pizza Cheese stick Carrots Salad19 Peperoni Pizza Cheese stick Carrots Salad Salad19 Peperoni Pizza Cheese stick Carrots Salad19 Peperoni Pizza Cheese stick Carrots Salad19 Peperoni Pizza Cheese stick Carrots Salad19 Peperoni Pizza Cheese stick Carrots Salad19 Peperoni Pizza Cheese stick Carrots Salad19 Peperoni Pizza Cheese stick Carrots Salad10 Carrots Peperoni Pizza Cheese stick Carrots Carrots Salad20 Pasta / w Meat Salad Piantain Piantain Direce Piantos <br< th=""><th></th><td></td><td></td><td>Hot Carrots Cucumbers</td><td>White beans Cucumbers / Carrots</td><td>Salad / Cucumbers Hot Carrots</td><td>Fresh Carrots Salad</td><td></td></br<>				Hot Carrots Cucumbers	White beans Cucumbers / Carrots	Salad / Cucumbers Hot Carrots	Fresh Carrots Salad	
Salad Combo \$3.25 Italian Sub Chicken Sweet Potato White beans Salad Fresh Carrots Apple Roll Tater Tots Broccoli / Carrots Mandarin Orange Cucumbers Salad <thcucumbers< th=""> Cucumbers Salad <thcucumbers<< th=""><th></th><th>-</th><th></th><th>Chicken Alfredo</th><th>Breaded Chicken</th><th>Pepperoni Pizza</th><th>11 Thon Z Vou</th><th>12</th></thcucumbers<<></thcucumbers<>		-		Chicken Alfredo	Breaded Chicken	Pepperoni Pizza	11 Thon Z Vou	12
\$3.25 13 14 15 Chicken Nugets 16 17 Tacos Pepperoni Pizza Cheese stick Fresh Carrots Salad 19 Breads/Buns are T Corn Dog Mac & Cheese Chicken Nugets Mashed Potato Biack Beans Lettuce / Tomato Cheese stick Fresh Carrots Salad Salad Sidekick 20 21 22 23 24 25 26 With Gravy With Gravy Mashed Potato Corn Apples 20 21 22 23 24 25 26 Z7 R Chicken Strips Rice / Tortilla Ham Sub Chicken Poples 29 30 1 2 24 25 26 Ham Sub Chicken 27 28 29 30 1 2 28 30 1 2 24 25 26 Kick / Tortilla Black Beans Lettuce / Tornato Corr Apples 29 30 1 1 2 26 26 Kick / Tortilla Black Beans Lettuce / Tornato Chicken 29 30 1 2 24 25 26		Chicken	Sweet Potato White beans	Fresh Carrots Apple	Tater Tots Broccoli / Carrots	Cucumbers Salad	for serving our country & protecting our freedoms	
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R Chicken Strips Rice / Tortilla Hot Dog Cheeseburger Pasta / w Meat Pepperoni Pizza Ham Sub Black Beans Hot Carrots Green Beans Sauce / Roll Cheese stick Ham Sub Black Beans Hot Carrots Tater Tots Broccoli Fresh Carrots Chicken Lettuce/ Tomato Cucumbers Apple Fresh Carrots Salad Salad Plantain Orange Peaches Juice Cup	Happy		Roast Turkey With Gravy Mashed Potato Corn		23	24 I Cappie contrage	25 Rong	26
*Available online to make payments or check account balances: myschoolbucks.com	កោងពេកទម្លាលពេអ្	R Ham Sub Chicken	Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomato	Hot Dog Mac & Cheese Hot Carrots Cucumbers Orange	Cheeseburger Green Beans Tater Tots Apple	Sauce / Roll Broccoli Fresh Carrots Peaches	Pepperoni Pizza Cheese stick Fresh Carrots Salad	3

This institution is an equal opportunity provider.