





***Healthy tip of the month :**

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

Oasis High School - Lunch Menu – November 2016

	Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.	P		1 Chicken Nuggets / Roll Spiral Potato Hot Carrots Cucumbers Peaches	2 Salisbury Steak Mac & Cheese White beans Cucumbers / Carrots Applesauce / Roll	3 Pasta w/ Chicken Parmesan Salad / Cucumbers Hot Carrots Apple	4 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick
Menu subject to change.	6 N Italian Sub Chicken Salad	7 Boneless Chicken Wings Sweet Potato White beans Peaches / Roll	8 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	9 Breaded Chicken Sandwich Tater Tots Broccoli / Carrots Mandarin Orange	10 Pepperoni Pizza Cheese stick Cucumbers Salad Sidekick	11 
Lunch \$3.25						12
Salad Combo \$3.25						
Sandwich Combo \$3.25						
Breads/Buns are	13 T Turkey Sub Chef Salad	14 Corn Dog Mac & Cheese Cucumbers Carrots Green Beans Apple	15 Chicken Nuggets Mashed Potato Broccoli Carrots Peaches / Roll	16 Early Dismissal	17 Tacos Black Beans Lettuce / Tomato Carrots Peaches	18 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick
	20	21 Roast Turkey With Gravy Mashed Potato Corn Apples	22 Early Dismissal	23 	24	25
	27 R Ham Sub Chicken Salad	28 Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomato Plantain Fresh Carrots	29 Hot Dog Mac & Cheese Hot Carrots Cucumbers Orange	30 Cheeseburger Green Beans Tater Tots Apple	1 Pasta / w Meat Sauce / Roll Broccoli Fresh Carrots Peaches	2 Pepperoni Pizza Cheese stick Fresh Carrots Salad Juice Cup
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*Available online to make payments or check account balances: myschoolbucks.com

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