

***Healthy tip of the month :**

Eating **fruit provides healthy benefits**. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Oasis High School - Lunch Menu – December 2016

Milk and Juice is served with every lunch.

Menu subject to change.


Lunch \$3.25

Salad Combo \$3.25

Sandwich Combo \$3.25

Breads/Buns are whole grain rich.



	Mon	Tue	Wed	Thu	Fri	Sat
R				1 Pasta / w Meat Sauce / Roll Broccoli Fresh Carrots Peaches	2 Pepperoni Pizza Cheese stick Fresh Carrots Salad Juice Cup	3
G	4 Italian Sub Chef Salad	5 Cheese Calzone Salad Fresh Carrots Orange	6 Chicken Alfredo Broccoli Fresh Carrots Apple Roll	7 BBQ Grilled Chicken Sandwich Tater Tots Cucumbers Fresh Carrots Mandarin Orange	8 Cheeseburger Spiral Potato Broccoli Cucumbers Orange	9 Pepperoni Pizza Yogurt Cucumbers Salad / Fresh Carrot Sidekick / Orange
L	11 Turkey Sub Chicken Salad	12 Chicken Nuggets Sweet Potato White Beans Peaches Roll	13 Corn Dog Mac & Cheese Broccoli / Salad Fresh Carrots Orange	14 Hamburger slider Tater Tots Green Beans Fresh Carrots Hot Apple	15 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple	16 Pepperoni Pizza Cheese stick Cucumbers Salad Sidekick
J	18	19 Boneless Chicken Wings Spiral Potato Baked Beans Green beans Mandarin Orange	20 Chicken Alfredo Broccoli Fresh Carrots Orange Roll	21 Early Dismissal	22 Early Dismissal	23 Professional Duty Day
	25	26	27	28	29	31



*Available online to make payments or check account balances: myschoolbucks.com

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