




**\*Healthy tip of the month -**

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news is people who are at risk for type 2 diabetes, can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

# Oasis High School - Lunch Menu – November 2024

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk and Juice is served with every lunch.	T Ham Sub Crispy Chicken Salad					1 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	2
<b>Lunch \$3.75</b>	3	4	5	6	7	8	9
<b>Salad Combo &amp; Sub Combo \$3.75</b>	P Italian Sub Turkey Salad	Chicken Tenders Mashed Potato Fresh Carrots White Beans Apple	Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Fresh Carrots Egg Roll Applesauce	Stromboli Meat Lover Salad Cucumbers Fresh carrots Applesauce	Chicken Parm W Pasta Hot Carrots Salad Cucumbers Apple	Pepperoni Pizza Yogurt Hot Carrots Salad Sidekick	
Breads/Buns are whole grain rich.	10	11	12	13	14	15	16
Subs and Salads will not be made for Pizza days.	O Turkey Sub Chef Salad	Hot Dog Mac & Cheese Cucumbers Salad Hot Carrots Pineapple	BBQ Grilled Chicken Sandwich Fresh Carrots Cucumbers Potato Cubes Orange	Meatball Sub Green Beans Tater Tots Fresh Carrots Peaches	Chicken Alfredo Broccoli Fresh Carrots Salad Apple	Pepperoni Pizza Yogurt Cucumber Salad Sidekick	
Menu subject to change.	17	18	19	20	21	22	23
	H/U Ham Sub Chicken Salad	Nachos Black Beans Lettuce /Tomatoes Fresh Carrots Orange Cheez-It	Cheeseburger Tater Tots Fresh Carrots Green Beans Orange	Chicken Alfredo Broccoli Salad Fresh Carrots Orange	Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn Apple	Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick	
	24						30

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)  
**This institution is an equal opportunity provider.**