

\*Healthy tip of the month -

**Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together

# Oasis High School - Lunch Menu – January 2025

Milk and Juice is served with every lunch.

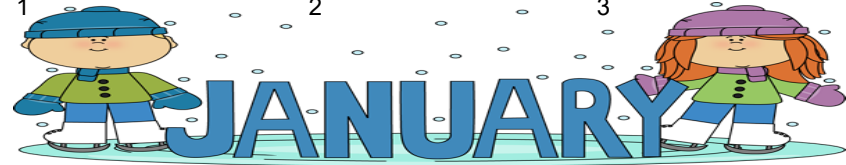
**Lunch \$3.75**

**Salad Combo & Sub Combo \$3.75**

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

Menu subject to change.



	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
	5	6	7	8	9	10
	T Ham Sub Chicken Salad	Corn Dog Green Beans Potato Wedges Sliced Apple	Chicken Wings / Roll Mashed Potato Broccoli Fresh Carrots Peaches	Taco Black Beans Fresh Carrots Lettuce / Tomato Peaches	Chicken Alfredo Broccoli Fresh Carrots Salad Applesauce	Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
	12	13	14	15	16	17
	F Turkey Sub Chef Salad	Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potatoes Mandarin Oranges	Nachos Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-it Orange	Hot Dog Green Beans Fresh Carrots Potato Cubes Cheez-It Hot Apples	Chicken Alfredo Fresh Carrots Broccoli Salad Orange	Pepperoni Pizza Cheese Stick Fresh Carrots Salad Cucumber Sidekick
	19	20	21	22	23	24
	P Italian Sub Turkey Salad		Chicken Tenders Mashed Potato Fresh Carrots White Beans Apple	Stromboli Meat Lover Salad Cucumbers Fresh carrots Applesauce	Chicken Parm W Pasta Hot Carrots Salad Cucumbers Apple	Pepperoni Pizza Yogurt Fresh Carrots Salad Sidekick
	26	27	28	29	30	31
	M Ham Sub Crispy Chicken Salad	Cheeseburger Broccoli Cucumbers Spiral Potato Orange	Boneless Chicken Wings / Roll Fresh Carrots Cucumbers Tater Tots Mandarin Oranges	Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	Breaded Chicken Sandwich Potato Cubes White Beans Apple	Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)  
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