


*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 2022

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk and Juice is served with every lunch.						1	
Menu subject to change.	2 B Italian Sub Chicken Salad	3 Corn Dog Potato Cubes Green Beans Hot Carrots Sliced Apple	4 Cheeseburger Potato Wedges Fresh Carrots Broccoli Mandarin Oranges	5 Tacos Black Beans Lettuce Tomatoes Orange	6 Penne Pasta With Meat Sauce Cucumber Salad Apple	7 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	8
Lunch \$3.75	9 R Turkey Sub Chef Salad	10 Hurricane Make-Up Day	11 Professional Duty Day	12 Ham & Cheese Pocket Potato Cubes Fresh Carrots Salad Pineapple	13 Cheeseburger Cucumbers Tater Tots Apple	14 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	15
Salad Combo & Sub Combo \$3.75	16 J Ham Sub Turkey Salad	17 	18 Boneless Chicken Wings Spiral Potato Baked Beans Mandarin Oranges	19 Breaded Chicken Sandwich Broccoli / Tater Tots Fresh Carrots Apple	20 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	21 Pepperoni Pizza Cheese Stick Cucumber / Salad Fresh Carrots Sidekick	22
Breads/Buns are whole grain rich. Subs and Salads will not be made for Pizza days.	23 O Italian Sub Crispy Chicken Salad	24 Meatball Sub Green Beans Tater Tots Fresh Carrots Peaches	25 Tacos Black Beans Lettuce / Tomatoes Fresh Carrots Orange	26 Hot Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	27 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	28 Pepperoni Pizza Yogurt Cucumber Salad Sidekick	29
Menu Subject to Change	30 G Turkey Sub Chef Salad	31 Chicken Tenders Mashed Potato White Beans Fresh Carrots Apple Roll	1 Stromboli Meat Lover Salad Cucumbers Fresh Carrots Hot Apple	2 BBQ Grilled Chicken Sandwich Cucumbers Fresh Carrots Tater Tots Mandarin Oranges	3 Cheeseburger Spiral Potato Cucumber Broccoli Orange	4 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Tomatoes Sidekick	5



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