





***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 Middle School - Lunch Menu – November 2016

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.						
Menu subject to change.	P Ham Sub Chef Salad	 1 Chicken Nuggets Spiral Potato Corn Peaches	2 Salisbury Steak Mac & Cheese White beans Cucumbers Applesauce	3 Pasta w/ Chicken Parmesan Salad Hot Carrots Apple	4 Cheese Pizza Cucumbers Salad Sidekick	5
Lunch \$3.25 Salad Combo \$3.25 Sandwich Combo \$3.25	6 N Italian Sub Chicken Salad	7 Boneless Chicken Wings Sweet Potato White beans Peaches	8 Chicken Alfredo Broccoli Salad Apple Roll	9 Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin	10 Cheese Pizza Cucumbers Salad Sidekick	11  12
Breads/Buns are whole grain rich.	13 T Turkey Sub Chef Salad	14 Corn Dog Tater Tots Green beans Apple	15 Chicken Nuggets Mashed Potato Broccoli Peaches	16 Early Dismissal	17 Tacos Black Beans Lettuce / Tomato Mandarin Orange	18 Cheese Pizza Sidekick Fresh Carrots Salad 19
Sandwiches & Salads will not be made for Pizza Day	20	21 Roast Turkey With Gravy Mashed Potato Corn Apples	22 Early Dismissal	23 	24 25	26
	27 R Ham Sub Chicken Salad	28 Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomato Plantain	29 Hot Dog Mac & Cheese Hot Carrots Cucumbers Orange	30. Cheeseburger Tater Tots Broccoli Apple	1 Pasta W/ meat Sauce Salad Applesauce	2 Cheese Pizza Sidekick Cucumbers Salad 3

