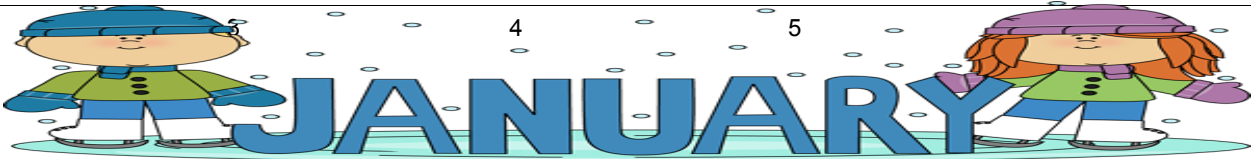



***Healthy tip of the month :**

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 Middle School - Lunch Menu – January 2017

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	1	2	4	5		7
Menu subject to change.						
Lunch \$3.25 Salad Combo \$3.25 Sandwich Combo \$3.25	8 T Ham Sub Chicken Salad	9 Corn Dog Tarter Tots Green beans Peaches	10 Breaded Steak Mac & cheese Hot carrots Salad Orange	11 Chicken Nuggets Mashed Potato Broccoli Apple	12 Tacos Black Beans Lettuce / Tomato Mandarin Orange	13 Cheese Pizza Sidekick Fresh Carrots Salad
Breads/Buns are whole grain rich.	15 H Italian Sub Chef Salad	16 No School MLK Day	17 Frittata Hash Brown sausage Cucumbers Apple Juice	18 Cheeseburger Tater Tots Lettuce Tomato Orange	19 Chicken Alfredo Broccoli Fresh Carrots Apple	20 Cheese Pizza Sidekick Cucumbers Salad
Sandwiches & Salads will not be made for Pizza Day	22 A Turkey Sub Chicken Salad	23 Boneless Chicken Wings Mashed Potato White beans Orange	24 Meatball sub Hot Carrots Tater tots Peaches	25 Grilled chicken Patty Spiral Potato Green beans Applesauce	26 Chicken Alfredo Broccoli Salad Apple	27 Cheese Pizza Juice cup Cucumbers Salad
	29 F Ham Sub Chef Salad	30 Nachos Black Beans Lettuce / Tomato Orange	31 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Oranges	1 Hot Dog Potato Cubes Green Beans Hot Apples	2 Chicken Alfredo Broccoli Salad Apple Roll	3 Cheese Pizza Cucumbers Salad Sidekick
						4

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

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