

**\*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 Middle School - Lunch Menu – November 2017

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.	K Turkey Sub Chef Salad			1 French Toast Sausage Potato Cubes Cucumbers Apple Juice	2 Corn Dog Mac & cheese Hot Carrots Cucumbers Pineapple	3 Cheese Pizza Salad Cucumbers Fresh Carrots sidekick	
Menu subject to change.	5 A Italian Sub Chicken salad			6 Chicken Nuggets Mashed Potato White Beans Orange	7 Meatball sub Hot Carrots Tater tots Peaches	8 <b>Early Release</b>	9 Chicken Alfredo Broccoli Salad Apple
Lunch \$3.25						11	
Salad Combo \$3.25							
Sandwich Combo \$3.25	12 H Ham Sub Chef Salad	13 Frittata Hash Brown Sausage Cucumbers Apple Juice	14 Hot Dog Baked Beans Sweet Potato Apple	15 Cheese Calzone Cucumbers Salad Mandarin Orange Marinara sauce	16 Cheeseburger Lettuce Tomatoes Tater Tots Orange	17 Cheese Pizza Sidekick Cucumbers Salad	18
Breads/Buns are whole grain rich.	19 U	20 Roast Turkey With Gravy Mashed Potato Corn / Roll Apples	21 <b>Early Dismissal</b>				
Sandwiches and salads will not be made for Pizza days.	26 P Turkey Sub Chicken Salad	27 Salisbury Steak Mashed Potato White beans Cucumber Applesauce	28 Pasta With Chicken Parmesan Salad Hot Carrots Apple				29 Breaded Steak Mashed Potatoes Broccoli Orange Roll



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