




***Healthy tip of the month :**

Eating fruits provides healthy benefits.

People who eat more vegetable and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium and calories. None have cholesterol. Any fruit or 100 % fruit juice counts as part of the Fruit Group. Fruit may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Oasis Middle School - Lunch Menu – December 2016

| | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|---|---|--|
| Milk is served with every lunch. | R |  | | | 1 | 3 |
| Menu subject to change. | Ham Sub Chicken Salad | | | Pasta W/ meat Sauce Salad Applesauce | 2 Cheese Pizza Sidekick Cucumbers Salad | |
| Lunch \$3.25 Salad Combo \$3.25 Sandwich Combo \$3.25 | 4 G Italian Sub Chef Salad | 5 Cheese Calzone Cucumbers Salad Hot Apple | 6 Chicken Alfredo Broccoli Salad Apple | 7 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Oranges | 8 Cheeseburger Broccoli Sweet Potato Orange | 9 Cheese Pizza Sidekick Cucumbers Salad |
| Breads/Buns are whole grain rich. | 11 L Turkey Sub Chicken Salad | 12 Chicken Nuggets Sweet Potato White Beans Salad / Orange Roll | 13 Corn Dog Mac & Cheese Broccoli Cucumbers / Apple | 14 Hamburger slider Tater Tots Hot Carrots Hot Apple | 15 French toast Sausage Potato cubes Cucumbers Apple Juice | 16 Cheese Pizza Sidekick Cucumbers Salad |
| Sandwiches & Salads will not be made for Pizza Day | 18 J | 19 Boneless Chicken Wings Spiral Potato Baked beans Mandarin Orange | 20 Chicken Alfredo Broccoli Salad Apple | 21 Early Dismissal | 22 Early Dismissal | 23 Professional Duty Day |
| | 25 | 26 | 27 | 28 | 29 | 30 |
|  |  | | | | | |
| | | | | | | 31 |

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