

\*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 Elementary - Lunch Menu – November 2017

Milk is served with every lunch.

Menu subject to change.

**Lunch \$3.25**

Breads/Buns are whole grain rich.

**OES offers**

**Salad Combo & Sandwich Combo**



	Mon	Tue	Wed	Thu	Fri	Sat
	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
	5 A Italian Sub Chicken salad	6 Chicken Nuggets Mashed Potato White Beans Orange	7 Meatball sub Hot Carrots Tater tots Pineapple	8 Ham Sub Fruit Cup Salad Cucumbers	9 Chicken Alfredo Broccoli Salad Apple	10 Cheese Pizza Sidekick Cucumbers Salad
	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
	19 U	20 Roast Turkey With Gravy Mashed Potato Corn / Roll Apples	21 Italian Sub Fruit Cup Salad Cucumbers	; 		25
	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	30 Chicken Nuggets Spiral Potato Corn Peaches	1 Cheese Pizza Sidekick Cucumbers Salad
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\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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