

**\*Healthy tip of the month**

Take steps to keep you and your loved ones safe, healthy, and ready to enjoy the holidays. \* **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly. \* **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day. \* **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents



# Oasis Elementary - Lunch Menu – December 2017

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.	P Turkey Sub Chicken Salad	<div>December</div>				1 Cheese Pizza Sidekick Cucumbers Salad	2
Menu subject to change.							
<b>Lunch \$3.25</b>	3 T Italian Sub Chef Salad	4 Boneless Chicken wings / Roll Tater Tots Broccoli Peaches	5 Corn Dog Mac & cheese Green Beans Fresh Carrots Apple	6 Breaded Beef Steak Mashed Potato Salad Applesauce Roll	7 Tacos Black Beans Lettuce Tomatoes Mandarin Oranges	8 Cheese Pizza Fresh Carrots Salad Sidekick	9
Breads/Buns are whole grain rich.							
<b>OES offers</b>	10 H Ham Sub Chicken Salad	11 Frittata Hash Brown Sausage Cucumbers Apple Juice	12 Hot Dog Baked Beans Sweet Potato Apple	13 Cheese Calzone Cucumbers Salad Mandarin Orange Marinara sauce	14 Cheeseburger Lettuce Tomatoes Tater Tots Orange	15 Cheese Pizza Sidekick Cucumbers Salad	16
<b>Salad Combo &amp; Sandwich Combo \$3.25</b>							
	17 N Turkey Sub Chef Salad	18 Boneless Chicken Wings / Fresh Carrots Mashed Potato White beans Peaches	19 Chicken Alfredo Broccoli Salad Apple	20 Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin Orange	21 Cheese Pizza Sidekick Cucumbers Salad	22 Ham Sub Fruit Cup Salad Cucumber	23
	24 / 31	:					30

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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