

**\*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 High School - Lunch Menu – December 2025

Milk and Juice is served with every lunch.

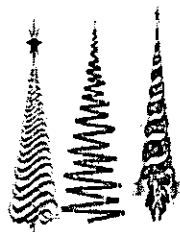
**Lunch \$2.75**

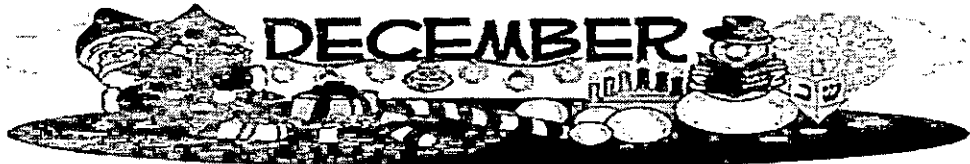
**Salad Combo & Sub Combo \$2.75**

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

Menu subject to change.



	Mon	Tue	Wed	Thu	Fri	Sat
1						7
						
8	B	1	2	3	4	6
	Turkey Sub Chicken Salad	Stromboli Potato Wedges Green Beans Apples Cucumbers Fresh Carrots	Boneless Chicken Wings / WG Roll Broccoli Potato Cubes Orange slices Fresh Carrots	Tacos Organic Black Beans Cheeze it (WG) Orange Slices Lettuce/ Diced Tomato Apple Juice	Chicken Alfredo Fresh Veggie Mix Romaine Salad Cucumbers Banana Fresh Carrots	Pepperoni Pizza Cheese Stick Cucumbers Romaine Salad Sidekick
7	L/M	8	9	10	11	12
	Ham Sub Turkey Salad	Chicken Tenders Mashed Potatoes Green Beans Romaine Salad Fresh Carrots Apples	Chicken Alfredo Hot Carrots Romaine Salad Cucumbers Banana	Cheeseburger Veggie Medley Romaine Salad Spiral Potatoes Orange slices	French Toast (3) Sausage (2) Hash Browns Cucumbers Fresh Carrots Banana	Pepperoni Pizza Cheeze it WG Cheese Stick Cucumbers Romaine Salad Sidekicks
14	15	16	17	18	19	20
H/A Italian sub Crispy Chicken Salad	Omelette Sausage patty Hash Browns Cucumbers/Carrots WG Roll	Nachos Organic Black Beans Orange Slices Nacho Cheese Lettuce/tomatoes Fresh Carrots	Boneless Chicken Mashed Potatoes Green Beans Orange Slices Fresh Carrots WG Roll	Turkey Mashed Potatoes Gravy/WG Roll Fresh Carrots Corn Apple	No Lunch 1/2 Day	



\*Healthy tip of the Month:

People who eat more vegetables 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 a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed

## Oasis Campus & Oasis Elementary North -Breakfast Menu– December 2025

Additional  
Purchase  
Milk .75

Breakfast is served  
Monday-Friday

ONE  
7:45am-8:15am

OES  
8:00am-8:30am

Middle School  
7:10am-7:35am

High School  
6:30am-7:00am

Start your day with  
a healthy breakfast.

**Breakfast  
\$1.25**

*Menu Subject to  
change*



Mon	Tue	Wed	Thu	Fri	Sat
1 WG Blueberry Muffin Yogurt Orange slices Apple Juice	2 Egg, Sausage cheese English muffin sand. Fresh Melons Orange Juice	3 Cinnamon Raisin Bagel Cream Cheese Banana Apple Juice	4 Egg, Bacon, Cheese Bagel Yogurt Grapes Apple/Cherry Juice	5 Cereal Yogurt Fresh Apples Apple Juice	6
8 Bagel Cream Cheese Orange Slices Apple Juice	9 Scrambled Eggs Hash Browns Sausage Apples Orange Juice	10 French Toast Sausage Pineapples Apple Juice	11 Cereal Yogurt Banana Rasberry Juice	12 Chocolate Muffin Yogurt Grapes Apple juice	13
15 Egg, Bacon, Cheese Bagel Yogurt Banana Orange Juice	16 Banana Bread Yogurt Orange slices Apple Juice	17 Omelette Hash Brown Sausage Apples Orange Juice	18 Chocolate Muffin Yogurt Pineapples Apple/Cherry Juice	19 Cereal Cheese Sticks Orange slices Apple Juice	20



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