

*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.

Christa McAuliffe & Oasis Elementary - Lunch Menu – November 2019

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.						
Menu subject to change.	T Italian Sub Chef Salad					
Lunch \$3.50						
Breads/Buns are whole grain rich.						
CME & OES offers						
Salad Combo & Sub Combo \$3.50						
Subs and Salads will not be made for Pizza days.						

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1
Cheese Pizza
Sidekick
Fresh Carrots
Salad

5
Nachos
Black Beans
Lettuce / Tomatoes
Orange

6
Breaded Chicken
Sandwich
Hot Carrots
Spiral Potato
Mandarin Orange

7
Chicken Alfredo
Broccoli
Salad
Apple

8
Cheese Pizza
Sidekick
Cucumbers
Salad

13
Chicken Tenders
Mac & Cheese
Cucumbers
Corn
Apple

14
Cheesburger
Spiral Potato
Salad
Orange

15
Cheese Pizza
Sidekick
Cucumbers
Salad

16
Chicken Alfredo
Broccoli
Salad
Apple

20
Roast Turkey
With Gravy / Roll
Mashed Potato
Corn / Fresh Carrots
Apple Juice

21
Chicken Alfredo
Broccoli
Salad
Apple



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