

***Healthy tip of the month -**

Families everywhere are bracing for a return to school, work and hectic schedules. The sudden change to fall activity however can quickly sap energy levels leaving both parents and kids tired, stressed and even prone to illness. Plan ahead with the hints below to ease the transition; you can ward off fatigue and anxiety, and keep your family in good health. 1. Get to bed earlier. 2. Eat well. 3. Give your immune system a boost. 4. Wash your hands. 5. Get to know the school nurse. 6. Take a breather

Oasis High School - Lunch Menu – August 2016

Milk and Juice is served with every lunch.

Menu subject to change.

Lunch \$3.25

Salad Combo \$3.25

Sandwich Combo \$3.25

Breads/Buns are whole grain rich.



Mon 1	Tue 2	Wed 3	Thu 4	Fri 5	Sat 6
7 O Turkey Combo Chicken Salad	8	9	10 Tacos Black Beans Lettuce / Tomato Fresh Carrots Orange	11 Chicken Alfredo Broccoli / Salad Fresh Carrots Apple Roll	12 Pepperoni Pizza Yogurt Salad Cucumber Sidekick
14 C Italian Combo Chef Sal- ad	15 Breaded beef Steak / Roll Mashed Potato Broccoli Mandarin Orange	16 Corn Dog Mac & cheese Green beans Cucumbers / Fresh Carrots / Apple	17 Chicken Nuggets Spiral Potato White Beans Peaches Roll	18 Chicken Parmesan Hot Carrots Salad Apple	19 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
21 G Ham Combo Chicken Salad	22 Cheese Calzone Fresh Carrots Salad Orange	23 BBQ Grilled Ckn. Tater Tots Fresh Carrots Cucumbers Mandarin Orange	24 Cheeseburger Spiral Potato Broccoli Cucumber Orange	25 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Pineapple / Roll	26 Pepperoni Pizza Yogurt Salad Cucumber Sidekick / Orange
28 J Turkey Combo Chef Sal- ad	29 Grilled Ckn. Strips Rice / Cucumber Black Beans Lettuce / tomato Can Apples	30 Sloppy Joe Sweet Potato Broccoli Apple	31 Chicken wings Baked Beans Green Beans Spiral Potato Mandarin Oranges	1 Chicken Alfredo Broccoli / Salad Fresh Carrots Orange Roll	2 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
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*Available online to make payments or check account balances: myschoolbucks.com

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