*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	Tue	Wed	Thu	Fri	Sat
	•	1	2	3	4	5	6
					7		
7	0	8	9	10	11	12	13

The state of the s

Breaded beef

Mashed Potato

Mandarin Orange

Steak / Roll

Broccoli



16

Corn Dog

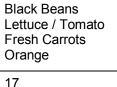
Mac & cheese

Carrots / Apple

Cucumbers / Fresh

Green beans





Chicken Nuggets

Spiral Potato

White Beans

Cheeseburger

Spiral Potato

Broccoli

Cucumber

Peaches

Roll



Apple

Chicken Alfredo

Broccoli / Salad



26

Yogurt

Salad

Cucumber

Yogurt

Salad

Cucumber

Sidekick

Pepperoni Pizza

20

27



Turkev

Combo

Salad

14

ad

21

Italian

Combo

Chef Sal-

Chicken

C

J

Chef Sal-

ad

15

G 22 23 Ham Cheese Calzone BBQ Grilled Ckn. Combo Fresh Carrots Tater Tots Chicken Salad Fresh Carrots Salad Orange Cucumbers

> 29 Grilled Ckn. Strips Rice / Cucumber Black Beans

Lettuce / tomato

Can Apples

30 Sloppy Joe Sweet Potato Broccoli Apple

Mandarin Orange

Orange 31 Chicken wings **Baked Beans** Green Beans Spiral Potato

Mandarin Oranges

Chicken Alfredo Broccoli / Salad Fresh Carrots Orange

Roll

Chicken Nuggets

Mashed Potato

White Beans

Fresh Carrots

Pineapple / Roll

Pepperoni Pizza **Cheese Stick** Cucumbers Salad

Sidekick

Pepperoni Pizza

Sidekick / Orange

*Available online to make payments or check account balances: myschoolbucks.com

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