

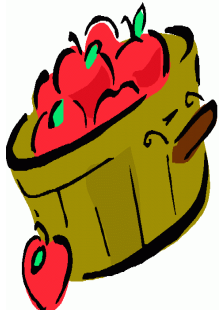


**\*Healthy tip of the month -**

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for: • **Some types of cancer** • **Heart disease** • **Type 2 diabetes** • **High blood pressure** • **Obesity**. We can make a difference by spreading the word about tips for healthy eating and encourage each other. Let use this month to raise awareness about the importance of getting enough fruits and vegetables. Some ideas are: • **Spread the word and support local agriculture**. • **Encourage families to make small changes**, like keeping fresh fruit or carrot sticks within easy reach.

# Oasis High School - Lunch Menu – September 2017

	Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.	H Turkey Sub Chicken Salad					1 2 Pepperoni Pizza Cheese Stick Cucumbers / Salad Sidekick
Menu subject to change.	3 F Ham Sub Chef Salad	4 	5 Nachos Granola Bar Black Beans Lettuce / Tomato Carrots / Orange	6 Breaded Chicken Sandwich Carrots / Broccoli Spiral Potato Mandarin Oranges	7 Chicken Alfredo Broccoli Salad / Carrots Orange Roll	8 9 Pepperoni Pizza Yogurt Cucumbers Salad / Fresh Carrots Sidekick
<b>Lunch \$3.25</b>						
<b>Salad Combo \$3.25</b>						
<b>Sandwich Combo \$3.25</b>	10 J Italian Sub Chicken Salad	11 Grilled Ckn. Strips Rice / Tortilla Black Beans Lettuce / Tomato Fresh Carrots Hot Apples	12 Chicken wings Baked Beans Green Beans Spiral Potato Mandarin Oranges	13 Early Release	14 Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	15 16 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
Breads/Buns are whole grain rich.						
	17 M Turkey Sub Chef Salad	18 Chicken Nuggets Sweet Potato Broccoli Mandarin Oranges Roll	19 Breaded Chicken Sandwich White Beans Tater Tots Peaches	20 Pasta with Meat Sauce Salad Fresh Carrots Orange Roll	21 School Closed	22 23 Pepperoni Pizza Cheese stick Cucumber Salad Sidekick
	24 P Ham Sub Chicken Salad	25 Breaded Steak Mashed Potatoes Broccoli Applesauce Roll	26 Chicken Nuggets Spiral Potato Hot Carrots Cucumbers Peaches Roll	27 Salisbury Steak Mashed Potato White beans Cucumber / Carrots Applesauce Roll	28 Pasta With Chicken Parmesan Salad Cucumbers Hot Carrots Apple	29 30 Pepperoni Pizza Cheese stick Fresh Carrots Salad Sidekick

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

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