

***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 2021

Milk and Juice is served with every lunch.

Menu subject to change.

Lunch \$3.75

**Salad Combo
& Sub Combo
\$3.75**

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.



	Mon	Tue	Wed	Thu	Fri	Sat
	2	3	4	5	6	7
1						
8	9	10	11	12	13	14
L Ham Sub Chicken Salad		Chicken Tenders Potato wedges Fresh Carrots White Beans Salad	Chicken Alfredo Broccoli Fresh Carrots Salad Apple	Cheeseburger Potato Cubes Fresh Carrots Salad Pineapple	Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	
15	16	17	18	19	20	21
F Turkey Sub Chef Salad	Hot Dog Cheez-It Green Beans Potato Cubes Fresh Carrots Hot Apple	Nachos Cheez-It Black Beans Fresh Carrots Lettuce /Tomatoes Orange	Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Mandarin Oranges	Chicken Alfredo Fresh Carrots Broccoli Salad Orange	Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick	
22	23	24	25	26	27	28
B Italian Sub Crispy Chicken Salad	Corn Dog Potato Cubes Green Beans Fresh Carrots Sliced Apple	Tacos Black Beans Lettuce Tomatoes Orange	Penne Pasta With Meat Sauce Cucumber Salad Apple	Cheeseburger Potato Wedges Fresh Carrots Broccoli Mandarin Oranges	Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	
29	30	31	1	2	3	4
N Ham Sub Chef Salad	Boneless Chicken Wings Mashed Potato White Beans Fresh Carrots Peaches	Hamburger Fresh Carrots Lettuce Tomatoes Potato Wedges Orange	Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Mandarin Oranges	Chicken Alfredo Broccoli Cucumbers Fresh Carrots Apple	Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick	

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

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