

***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 2022

Milk and Juice is served with every lunch.

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.

Menu subject to change.



Mon	Tue	Wed	Thu	Fri	Sat
					6
7 A Ham Sub Turkey Salad	8	9	10 Boneless Chicken Wings / Roll Mashed Potatoes White Beans Fresh Carrots Orange	11 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	12 Meatball Sub Green Beans Tater Tots Fresh Carrots Marinara Sauce Peaches
14 R Turkey Sub Chef Salad	15 Tacos Black Beans Fresh Carrots Lettuce / Tomatoes Orange	16 Hot Dog Cheez-it Potato Cubes Fresh Carrots / Salad Pineapple	17 Cheeseburger Tater Tots Cucumbers Apple	18 Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches	19 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
21 G Italian Sub Chicken Salad	22 Chicken Tenders Mashed Potatoes White Beans Fresh Carrots Apple Roll	23 BBQ Grilled Chicken Sandwich Fresh Carrots Cucumbers Tater Tots Mandarin	24 Stromboli Meat Lovers Cucumbers Fresh Carrots Salad Hot Apples	25 Cheeseburger Broccoli Cucumbers Spiral Potato Orange	26 Pepperoni Pizza Yogurt Cucumber Fresh carrots Salad Sidekick
28 H Ham Sub Crispy Chicken Salad	29 Nachos Black Beans Fresh Carrots Lettuce/ Tomatoes Cheez-it Orange	30 Omelette Hashbrown Sausage Cucumbers Fresh carrots Roll / Cheez-it Apple	31 	1 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	2 Pepperoni Pizza Cheese Stick Cucumbers Fresh Carrots Salad Sidekick
					3

*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.