

*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.

Christa McAuliffe & Oasis Elementary - Lunch Menu – September 2019

Milk is served with every lunch.

Menu subject to change.

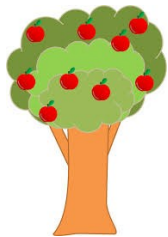
Lunch \$3.50

Breads/Buns are whole grain rich.

CME & OES offers

Salad Combo & Sub Combo \$3.50

Subs and Salads will not be made for Pizza days.



	Mon	Tue	Wed	Thu	Fri	Sat
1 G Ham Sub Chef Salad		3 Stromboli meat Lover Hot Carrots Salad Cucumber Hot Apple	4 Cheeseburger Salad Spiral Potato Orange	5 Chicken Tenders Mac & Cheese Corn Cucumber Apple	6 Cheese Pizza Sidekick Cucumber Salad	7
8 F Turkey Sub Chicken Salad	9 Hot dog Green beans Potato Cubes Hot Apple	10 Nachos Black beans Lettuce Tomatoes Orange	11 Breaded Chicken Sandwich Hot Carrot Spiral Potato Mandarin Orange	12 Chicken Alfredo Broccoli Salad Apple	13 Cheese Pizza Sidekick Cucumber Salad	14
15 J Italian Sub Chef Salad	16 Pancake Wrap Potato Cubes Cucumbers Apple Juice Syrup	17 Boneless chicken wings Mashed Potato White beans Mandarin Orange	18 Chicken Teriyaki Brown Rice Egg Roll Broccoli Fresh Carrot Apple	19 Chicken Alfredo Broccoli Salad Apple	20 Cheese Pizza Sidekick Salad Fresh Carrot	21
22 O Ham sub Chicken Salad	23 Meatball sub Green Beans Tater Tots Pineapple	24 Tacos Black beans Lettuce Tomatoes Applesauce	25 Turkey Sub Applesauce Cup Salad Cucumbers	26 Chicken Alfredo Broccoli Salad Peaches	27 Cheese Pizza Sidekick Salad Fresh Carrot	28
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