



***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 us 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 Middle School - Lunch Menu – September 2019

	Mon	Tue	Wed	Thu	Fri	Sat
1 G Ham Sub Chef Salad	2 	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 Sausage Patty 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 Orange	25 Early Dismissal Day	26 Chicken Alfredo Broccoli Salad Peaches	27 Cheese Pizza Sidekick Cucumber Salad	28
29						

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.50

Salad Combo & Sub Combo \$3.50

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.



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