

**\*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 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 2019

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
1 G Ham Sub Chef Salad	2 <b>LABOR DAY</b>	3 Stromboli meat Lover Fresh Carrots Salad Cucumber Hot Apple	4 Cheeseburger Broccoli Cucumber Spiral Potato Orange	5 Chicken Tenders Mashed Potato White Beans Fresh carrots Pineapple Roll	6 Pepperoni Pizza Yogurt Sidekick Cucumber Fresh Carrots Salad	7
8 F Turkey Sub Chicken Salad	9 Hot dog Green beans Potato Cubes Fresh Carrots Hot Apple	10 Nachos Black beans Lettuce / Tomatoes Fresh carrots Orange Cheez-It	11 Breaded Chicken Sandwich Fresh Carrot Broccoli Spiral Potato Mandarin Orange	12 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	13 Pepperoni Pizza Cheese Stick Sidekick Cucumber Salad Fresh Carrot	14
15 J Italian Sub Chef Salad	16 Pancake Wrap Sausage Patty Potato Cubes Cucumbers / Carrots Orange / Syrup	17 Boneless Ckn. wings Green beans / Roll Spiral potato Baked Beans Mandarin Orange	18 Chicken Teriyaki Brown Rice Egg Roll Broccoli / Hot Carrot Apple	19 Chicken Alfredo Broccoli Salad Fresh Carrot Orange	20 Pepperoni Pizza Cheese Stick Sidekick Salad / Fresh Carrot Cucumbers	21
22 O Ham sub Chicken Salad	23 Meatball sub Green beans Fresh Carrots Tater Tots Peaches	24 Tacos Black beans Fresh Carrots Lettuce Tomatoes Orange	25 <b>Early Dismissal Day</b>	26 Chicken Alfredo Broccoli Salad Fresh carrots Apple	27 Pepperoni Pizza Yogurt Sidekick Cucumber Salad	28
29	<b>Rosh Hashana</b>		<b>September</b>	<b>September</b>		

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

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