

**\*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 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
4	11	12	13	14	15
B Ham Sub Chicken Salad	12 Corn Dog Green Beans Potato Cubes Fresh carrots Sliced Apple	13 Cheeseburger Broccoli Fresh Carrots Potato Wedge Mandarin Orange	14 Tacos Black Beans Lettuce Tomatoes Orange	15 Pasta w/ Meat Sauce Salad Cucumber Apple	16 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
18	19	20	21	22	23
A Turkey Sub Chef Salad	19 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple / Syrup	20 Meatball Sub Tater Tots Green Beans Fresh Carrots Peaches	21 Boneless Ckn. Wings Mashed Potato Fresh carrots White Beans Orange Roll	22 Chicken Alfredo Broccoli Salad Fresh Carrots Apple	23 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick
25	26	27	28	29	30
N Italian Sub Chicken Salad	26 Boneless Ckn. Wings Fresh Carrots Mashed Potato White beans Peaches Roll	27 Breaded Chicken Sandwich Tater Tots Broccoli Fresh Carrots Mandarin Orange	28 Hamburger Slider Potato Wedge Fresh Carrots Lettuce Tomatoes Orange	29 Chicken Alfredo Broccoli Salad Fresh Carrots Apple	30 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick

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

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