

*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.

Oasis Elementary - Lunch Menu – September 2018

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.25

Breads/Buns are whole grain rich.

OES offers

Salad Combo & Sandwich Combo \$3.25



Mon	Tue	Wed	Thu	Fri	Sat
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2 K Ham Sub Chef Salad	3 	4 French Toast Sausage Potato Cubes Cucumbers Apple Juice / Syrup	5 Chicken Nuggets Mashed Potato White Beans Mandarin Orange	6 Chicken Alfredo Broccoli Salad Apple Roll	7 Cheese Pizza Cucumbers Salad Fresh Carrots Sidekick
9 P Turkey Sub Chicken Salad	10 	11 Meatloaf Mashed Potato Corn/ Cucumbers Applesauce Hot Roll	12 Chicken Parmesan Hot Carrots Salad Apple	13 Breaded Steak Mashed Potato Broccoli Orange	14 Cheese Pizza Cucumbers Salad Sidekick
16 A Italian Sub Chef Salad	17 Chicken Nuggets Mashed Potato White Beans Orange	18 Meatball Sub Tater Tots Hot Carrots Pineapple	19 Turkey Sub Fruit cup Salad Cucumbers	20 Chicken Alfredo Broccoli Salad Apple Roll	21 Cheese Pizza Cucumbers Salad Sidekick
23 R Ham Sub Chicken Salad	24 Chicken Strips Rice / Tortilla Black beans Lettuce / Tomatoes Plantain	25 Cheeseburger Tater Tots Broccoli Apple	26 Hot Dog Mac & Cheese Hot Carrots Cucumbers Orange	27 Pasta w/ Meat Sauce Salad Applesauce Roll	28 Cheese Pizza Cucumbers Salad Sidekick
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*Available online to make payments or check account balances: myschoolbucks.com

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