

***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 Middle School - Lunch Menu – August 2018

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.25


Salad Combo \$3.25

Sandwich Combo \$3.25

Breads/Buns are whole grain rich.

Sandwiches and salads will not be made for Pizza days.



	Mon	Tue	Wed	Thu	Fri	Sat
						4
	5	6	7	8	9	10
						11
					10 Chicken Nuggets Mashed Potato White Beans Mandarin Oranges	
	12	13	14	15	16	17
	B Ham Sub Chicken Salad	Corn Dog Green Beans Potato Cubes Sliced Apple	Cheeseburger Corn Sweet Potato Mandarin Orange	Tacos Black Beans Lettuce Tomatoes Orange	Pasta with Meat Sauce Salad Apple Roll	Cheese Pizza Salad Cucumbers Sidekick
	19	20	21	22	23	24
	H Turkey Sub Chef Salad	Frittata Hot Roll Hash Brown Sausage Cucumbers Apple Juice	Hot Dog Baked Beans Sweet Potato Apple	Cheeseburger Lettuce Tomatoes Tater Tots Orange	Chicken Alfredo Roll Broccoli Salad Peaches	Cheese Pizza Sidekick Cucumbers Salad
	26	27	28	29	30	31
	N Italian Sub Chicken Salad	Boneless Chicken Wings Mashed Potato White beans Fresh Carrots Peaches	Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin Orange	Chicken Alfredo Roll Broccoli Salad Apple	Hamburger Slider French Fries Green Beans Lettuce Tomatoes Orange	Cheese Pizza Sidekick Cucumbers Salad

*Available online to make payments or check account balances: myschoolbucks.com

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