

***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 High School - Lunch Menu – September 2021

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
N Ham Sub Chef Salad			1 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Mandarin Oranges	2 Chicken Alfredo Broccoli Cucumbers Fresh Carrots Apple	3 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
5 A Turkey Sub Chicken Salad	6 	7 Boneless Chicken Wings / Roll Mashed Potato White Beans Fresh Carrots Orange	8 Meatball Sub Fresh Carrots Green Beans Tater Tots Peaches	9 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	10 Pepperoni Pizza Yogurt Cucumber Salad Sidekick
12 G Italian Sub Turkey Salad	13 Chicken Tenders Mashed Potato White Beans Fresh Carrots Apple Roll	14 Cheeseburger Spiral Potato Cucumber Broccoli Orange	15 Stromboli Meat Lover Salad Cucumbers Fresh Carrots Hot Apple	16 	17 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Tomatoes Sidekick
19 H Ham Sub Crispy Chicken Salad	20 Frittata /Sausage Hash Brown Cucumbers Fresh Carrots Roll / Cheez-it Apple	21 Nachos Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-it Orange	22 Early Dismissal Professional Duty Day	23 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	24 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick
26 J Turkey Sub Chicken Salad	27 Boneless Chicken Wings Spiral Potato Baked Beans Mandarin Oranges Roll	28 Philly Cheese Steak Potato Cubes Fresh Carrots Cucumbers Orange	29 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Apple	30 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	1 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick
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