

***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 2020

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
	31 R Italian Sub Chicken Salad	1 Boneless Ckn. Wings Tomatoes Salad Potato Wedges Orange	2 Nacho Cheez-It Black Beans Lettuce Tomatoes Orange	3 Cheeseburger Cucumbers Tater Tots Apple	4 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	5
6 L Turkey Sub Chef Salad	7 	8 French Toast Sausage Potato Cubes Salad / Tomatoes Pineapple	9 Chicken Tenders White Beans Potato wedges Peaches Roll	10 Chicken Alfredo Salad Tomatoes Apple	11 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	12
13 G Ham Sub Turkey Salad	14 Chicken Tenders Mashed Potato White Beans Fresh Carrots Apple Roll	15 Cheeseburger Spiral Potato Cucumber Salad Orange	16 Stromboli Meat Lover Salad / Cucumbers Tomatoes Hot Apple	17 BBQ Grilled Chicken Tater Tots Fresh Carrots Cucumber Mandarin Orange	18 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Tomatoes Sidekick	19
20 J Italian Sub Crispy Chicken Salad	21 Boneless Chicken wings Spiral potato Baked Beans Mandarin Orange Roll	22 Philly Cheese Steak Sub Potato Cubes Cucumbers Fresh Carrots Orange	23 Early Dismissal	24 Chicken Alfredo Salad Tomatoes Orange	25 Pepperoni Pizza Cheese Stick Salad Tomatoes Sidekick	26
27 T Turkey Sub Chef Salad	28 	29 Turkey Ham & Cheese Sandwich Salad & Tomatoes Potato Cubes Applesauce	30 Beef & Cheese Burrito Black Beans Fresh Carrots Lettuce / Tomatoes Orange	1 Boneless Ckn. Wings Salad Tomatoes Tater Tots Peaches Roll	2 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick	3

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

This institution is an equal opportunity provider.