## 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.

## Christa McAuliffe & Oasis Elementary - Lunch Menu - August 2019

Tue Thu Fri Sat Mon Wed Milk is served 3 with every lunch. Menu subject to change. Lunch \$3.50 10 Breads/Buns are whole grain rich. CME & OES offers 11 12 13 14 15 16 17 Cheese Pizza Corn Dog Cheeseburger Tacos Pasta with Ham Sub Green Beans Fresh Carrots Black Beans Meat Sauce Salad Salad Combo & Cucumbers Chicken Salad Potato Cubes Lettuce Salad Corn Sub Combo Potato wedge Sidekick Sliced Apple **Tomatoes** Apple \$3.50 Mandarin Orange Orange Subs and Salads will 18 20 22 23 24 19 not be made for Pizza Chicken Alfredo Cheese Pizza Α French Toast Meatball Sub Boneless Chicken days. Turkey Sub Sausage Tater Tots Wings Broccoli Cucumbers Mashed Potato Chef Salad Potato Cubes Hot Carrots Salad Salad Cucumbers Pineapple White Beans Sidekick Apple Apple Juice Orange Syrup 25 27 29 30 31 **Breaded Chicken** Cheese Pizza **Boneless Chicken** Hamburger Slider Chicken Alfredo Potato Wedge Italian Sub Wings Sandwich Broccoli Sidekick Mashed Potato Green Beans Chicken Salad Tater Tots Salad Cucumbers White beans Hot carrots Lettuce / Tomatoes Salad Apple Fresh Carrots Mandarin Orange Orange Peaches

<sup>\*</sup>Available online to make payments or check account balances: myschoolbucks.com

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