

**\*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 2018

Milk and Juice 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.



Mon	Tue	Wed	Thu	Fri	Sat
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2 K Ham Sub Chef Salad	3 <b>LABOR DAY</b>	4 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Apple / Syrup	5 Chicken Nuggets Mashed Potato White Beans Fresh Carrots Mandarin Orange Roll	6 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	7 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
9 P Turkey Sub Chicken Salad	10 <b>Rosh Hashana</b>	11 Meatloaf Mashed Potato Cucumbers Fresh Carrots / Corn Hot Roll Applesauce	12 Chicken Parmesan Hot Carrots Cucumbers Salad Apple	13 Breaded Steak Mashed Potato White Beans Applesauce Roll	14 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
16 A Italian Sub Chef Salad	17 Chicken Nuggets Sweet Potato Fries White Beans Orange Roll	18 Meatball Sub Tater Tots Green Beans Fresh Carrots Peaches	19 <b>Early Dismissal Day</b>	20 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	21 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick
23 R Ham Sub Chicken Salad	24 Chicken Strips Rice / Tortilla Black Beans Lettuce/ Tomatoes Plantain / Carrots	25 Cheeseburger Tater Tots Green Beans Apple	26 Hot Dog Mac & Cheese Hot Carrots Cucumbers Orange	27 Pasta w/ Meat Sauce Broccoli Fresh Carrots Peaches Roll	28 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
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\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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