

***Healthy tip of the month -**

After a summer break, it's time for the kids to head back to school and focus on classes, sports and other after-school activities. Here are some back-to-school health tips to consider. **Get vaccinated** You, your partner and your children should all get vaccinated as early as possible in the school year. Many schools require certain vaccinations before children can enroll. **Set bedtimes** It's essential for kids (and adults!) to get a healthy amount of sleep each night to stay focused throughout the day. **Teach good hygiene habits** With so many people around, germs are bound to be lurking in classrooms. To help your kids avoid getting sick, it's important to show them how to protect themselves. Teach them to wash their hands after using the restroom and before going to lunch or eating a snack. **Stock up on healthy foods** It might be easy to pack your kids' lunches with premade snacks, but a healthy diet is of the utmost importance, and junk foods don't fit into the equation. **Manage stress** Back-to-school season is stressful for kids and parents alike, but too much stress can lead to a variety of health issues, like insomnia and sluggish immune systems. Help manage stress by talking to your children about anything that's bothering them.

Oasis High School - Lunch Menu – August 2017

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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6	B		8	9	10 Corn Dog Green Beans Potato Cubes Fresh carrots Sliced Apple		11 Cheeseburger Broccoli Fresh Carrots Sweet Potato Mandarin Orange		12		
13	N Ham Sub Chicken Salad	14 Boneless Chicken Wings /Fresh Carrots Mashed Potato White beans Peaches Roll	15 Hamburger Slider Mac & Cheese Green Beans Fresh Carrots Lettuce / Tomatoes Orange	16 Breaded Chicken Sandwich Tater Tots Broccoli Fresh Carrots Mandarin Orange	17 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll		18 Pepperoni Pizza Cheese Stick Cucumbers Salad sidekick		19		
20	A Italian Sub Chef Salad	21 Chicken Nuggets Sweet Potato White Beans Orange Roll	22 Grilled chicken Sandwich Spiral Potato Green beans Fresh Carrots Orange	23 Meatball Sub Green beans Tater tots Fresh Carrots Peaches	24 Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll		25 Pepperoni Pizza Yogurt Cucumbers Salad sidekick		26		
27	H Turkey Sub Chicken Salad	28 Cheese Calzone Salad Fresh Carrots Fresh Apple Marinara sauce	29 Chicken Nuggets Mac & Cheese Cucumbers / Green Beans / Fresh Carrots Orange / Roll	30 Frittata Hash Brown Sausage Cucumbers Fresh Carrots Pineapple	31 Hot Dog Cheez-it Baked Beans Salad Fresh Carrots Sliced Apple		1 Pepperoni Pizza Cheese Stick Cucumbers Salad sidekick		2		

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

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