## *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

## Oasis Middle School - Lunch Menu - August 2019



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[^0]:    *Available online to make payments or check account balances: myschoolbucks.com
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