*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

Thu Mon Tue Wed Sat Milk is served with every lunch. Menu subject to change. 10 Lunch \$3.50 k to Sc Salad Combo & Sub Combo 11 12 13 14 15 16 17 \$3.50 Corn Dog Cheeseburger Cheese Pizza R Tacos Pasta with Ham Sub Green Beans Corn Black Beans Meat Sauce Salad Potato Cubes Fresh Carrots Cucumbers Chicken Salad Lettuce Salad Breads/Buns are Sliced Apple Potato Wedge Sidekick Tomatoes Apple whole grain rich. Mandarin Orange Orange Subs and Salads 18 19 20 21 22 23 24 will not be made French Toast Meatball Sub Boneless Chicken Chicken Alfredo Cheese Pizza Α Turkey Sub Sidekick Sausage Tater Tots Wings Broccoli for Pizza days. Chef Salad Potato Cubes **Hot Carrots** Mashed Potato Salad Cucumbers Cucumbers White Beans Peaches Apple Salad Apple Juice Orange Syrup 25 26 30 31 Boneless Chicken **Breaded Chicken** Hamburger Slider Chicken Alfredo Cheese Pizza Ν Italian Sub Wings Fresh Carrots Sandwich Potato Wedge Sidekick Chicken Salad Broccoli Mashed Potato Tater Tots Green Beans Cucumbers White beans Hot carrots Lettuce Salad Salad Fresh Carrots Mandarin Orange **Tomatoes** Apple Peaches Orange

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

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