

*Healthy tip of the month -

5 THINGS TO REMEMBER THIS SUMMER

Mental health and physical health are largely connected, so by taking care of your body, you're also taking care of your mind. Here are 5 things that help you take care of your body and mind. **1. Get your rest** - get 7 to 9 hours of sleep a night. **2. Move your body** - Try getting some exercise in the morning hours before the sun is at its peak. Or break up your day and go for shorter walk breaks throughout your day. **3. Connect with other** - Plan something fun with family or friends. If you aren't feeling like being in a crowded space, try to call at least one person to stay connected. **4. Stay hydrated** - drink more than the standard 8 glasses of water a day, and be creative. **5. Wear sunscreen** - Look for at least an SPF 30 and wear it all the time. Use these tips to help take care of yourself this summer and stay safe and healthy all season long!

Oasis High School - Lunch Menu – June 2021

Milk and Juice is served with every lunch.

Menu subject to change.

Lunch \$3.75

Salad Combo & Sub Combo \$3.75

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.



	Mon	Tue	Wed	Thu	Fri	Sat
		1 Hot Dog Green Beans Potato Cubes Fresh Carrots Cheez-It Hot Apple	2 Breaded Chicken Sandwich Broccoli Fresh Carrots Spiral Potato Mandarin Orange	3 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	4 Pepperoni Pizza Cheese Stick Fresh Carrots cucumbers Salad Sidekick	5
F Sub & Salad Manager Choice						
6	7 French Toast Sausage Potato Cubes Fresh Carrots Cucumbers Apples Syrup	8 Boneless Chicken. Wings Mashed Potato Fresh Carrots White Beans Mandarin Roll	9 Meatball Sub Green Beans Tater Tots Fresh Carrots Peaches	10 Chicken Alfredo Broccoli Salad Fresh Carrots Apple	11 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick	12
A Sub & Salad Manager Choice						
13	14	15	16	17	18	19
	Manager Choice	Early Dismissal	Early Dismissal	Early Dismissal	Professional Duty Day	



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

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Menus are subject to change due to availability