

**\*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 High School - Lunch Menu – August 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
						4
	5	6	7	8	9	10
						Chicken Nuggets Mashed Potato White Beans Fresh Carrots Mandarin Orange Roll
	12	13	14	15	16	17
	B	Corn Dog Green Beans Potato Cubes Fresh carrots Sliced Apple	Cheeseburger Broccoli Fresh Carrots Sweet Potato Mandarin Orange	Tacos Black Beans Lettuce Tomatoes Orange	Pasta w/ Meat Sauce Roll Salad Cucumber Apple	Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
	Ham Sub Chicken Salad					
	19	20	21	22	23	24
	H	Frittata Hash Brown Sausage / Hot Roll Cucumbers Fresh Carrots Pineapple	Hot Dog Cheez-it Baked Beans Salad Fresh Carrots Sliced Apple	Chicken Nuggets Mac & Cheese Cucumbers Green Beans Fresh Carrots Orange / Roll	Chicken Alfredo Broccoli Salad Fresh Carrots Orange Roll	Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
	Turkey Sub Chef Salad					
	26	27	28	29	30	31
	N	Boneless Chicken Wings /Fresh Carrots Mashed Potato White beans Peaches Roll	Breaded Chicken Sandwich Tater Tots Broccoli Fresh Carrots Mandarin Orange	Chicken Alfredo Broccoli Salad Fresh Carrots Apple Roll	Hamburger Slider French Fries Fresh Carrots Lettuce Tomatoes Orange	Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
	Italian Sub Chicken Salad					

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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