

**\*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 2022

Milk is served with every lunch.

**Lunch \$3.50**



**Salad Combo & Sub Combo \$3.50**

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

**Menu Subject to Change**



|    | Mon  | Tue   | Wed  | Thu   | Fri  | Sat  |    |
|----|--|---|--|---|--|--|----|
|    |  |   |  |   |  | 6  |    |
| 7  | A<br>Ham Sub<br>Turkey Salad   | 8   | 9  | 10<br>Boneless Chicken<br>Wings<br>Mashed Potatoes<br>White beans<br>Orange                 | 11<br>Chicken Alfredo<br>Broccoli<br>Salad<br>Apple                  | 12<br>Meatball Sub<br>Hot Carrots<br>Tater Tots<br>Pineapple | 13 |
| 14 | R<br>Turkey Sub<br>Chef Salad  | 15<br>Tacos<br>Black Beans<br>Lettuce / Tomatoes<br>Applesauce        | 16<br>Hot Dog<br>Potato Cubes<br>Fresh Carrots<br>Salad<br>Orange              | 17<br>Cheeseburger<br>Broccoli<br>Tater Tots<br>Apple                                       | 18<br>Pasta w/<br>Meat Sauce<br>Salad<br>Fresh Carrots<br>Applesauce | 19<br>Cheese Pizza<br>Cucumbers<br>Salad<br>Sidekick         | 20 |
| 21 | G<br>Italian Sub<br>Chicken Salad  | 22<br>Chicken Tenders<br>Mac & Cheese<br>Corn<br>Cucumbers<br>Apple   | 23<br>BBQ Grilled Chicken<br>Sandwich<br>Baked Beans<br>Tater Tots<br>Mandarin | 24<br>Stromboli Meat Lover<br>Hot Carrots<br>Cucumbers<br>Salad<br>Hot Apples               | 25<br>Cheeseburger<br>Spiral Potato<br>Salad<br>Orange               | 26<br>Cheese Pizza<br>Cucumbers<br>Salad<br>Sidekick         | 27 |
| 28 | H<br>Ham Sub<br>Crispy<br>Chicken<br>Salad   | 29<br>Nachos<br>Black Beans<br>Lettuce<br>Tomatoes<br>Salsa<br>Orange | 30<br>Omelette Hashbrown<br>Sausage<br>Cucumbers<br>Apple Juice<br>Roll        | 31<br> | 1<br>Chicken Alfredo<br>Broccoli<br>Salad<br>Peaches                 | 2<br>Cheese Pizza<br>Cucumbers<br>Fresh Carrots<br>Sidekick  | 3  |

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