





***Healthy tip of the month -**

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for: • **Some types of cancer** • **Heart disease** • **Type 2 diabetes** • **High blood pressure** • **Obesity**. We can make a difference by spreading the word about tips for healthy eating and encourage each other. Let use this month to raise awareness about the importance of getting enough fruits and vegetables. Some ideas are: • **Spread the word and support local agriculture**. • **Encourage families to make small changes**, like keeping fresh fruit or carrot sticks within easy reach.

Oasis Middle School - Lunch Menu – September 2021

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	N Ham Sub Chef Salad		1 Breaded Chicken Sandwich Hot Carrots Tater Tots Mandarin Oranges	2 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	3 Cheese Pizza Cucumber Salad Sidekick	4
Menu subject to change.	5 A Turkey Sub Chicken Salad	6 	7 Boneless Chicken Wings Mashed Potato White Beans Orange	8 Meatball Sub Hot Carrots Tater Tots Peaches	9 Chicken Alfredo Broccoli Salad Apple	10 Cheese Pizza Cucumber Salad Sidekick
Lunch \$3.50						11
Salad Combo & Sub Combo \$3.50	12 G Italian Sub Turkey Salad	13 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	14 Stromboli Meat Lover Hot Carrots Cucumbers Salad Hot Apple	15 Cheeseburger Spiral Potato Salad Orange	16 	17 Cheese Pizza Cucumber Salad Sidekick
Breads/Buns are whole grain rich.						18
Subs and Salads will not be made for Pizza days.	19 H Ham Sub Crispy Chicken Salad	20 Frittata Sausage Patty Hash Brown Cucumbers Apple Juice Roll	21 Nachos Black beans Lettuce Tomatoes Salsa Orange	22 Early Dismissal Professional Duty Day	23 Chicken Alfredo Broccoli Fresh carrots Peaches	24 Cheese Pizza Cucumber Fresh Carrots Sidekick
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	26 J Turkey Sub Chicken Salad	27 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	28 Philly Cheese Steak Potato cubes Cucumbers Orange	29 Breaded Chicken Sandwich Broccoli Fresh carrots Spiral Potato Apple	30 Chicken Alfredo Broccoli Salad Apple	1 Cheese Pizza Fresh Carrots Salad Sidekick
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