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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.

Christa McAuliffe & Oasis Elementary - Lunch Menu – August 2019

Milk is served with every lunch.

Menu subject to change.

Lunch \$3.50

Breads/Buns are whole grain rich.

CME & OES offers

Salad Combo & Sub Combo \$3.50

Subs and Salads will not be made for Pizza days.



	Mon	Tue	Wed	Thu	Fri	Sat
						3
						10
						17
						24
						31

