

**\*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 2023

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.						2
<b>Lunch \$3.50</b>						1 Cheese Pizza Fresh Carrots Cucumbers Sidekick
<b>Salad Combo &amp; Sub Combo \$3.50</b>	3 A Ham Sub Chicken Salad	4 	5 Boneless Chicken Wings Mashed Potato White beans Orange	6 Meatball Sub Hot Carrots Tater Tots Peaches	7 Chicken Alfredo Broccoli Salad Apple	8 Cheese Pizza Cucumbers Salad Sidekick
Breads/Buns are whole grain rich.	10 B Turkey Sub Chef Salad	11 Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	12 Cheeseburger Fresh Carrots Potato Wedge Corn Mandarin Orange	13 Penne Pasta w Meat Sauce Cucumbers Salad Apple	14 Taco Black Beans Lettuce Tomatoes Orange	15 Cheese Pizza Cucumbers Salad Sidekick
Subs and Salads will not be made for Pizza days.	17 P Italian Sub Turkey Salad	18 Chicken Tenders Spiral Potato White Beans Orange	19 Stromboli Meat Lover Salad Cucumbers Fresh carrots Hot Apples	20 Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Applesauce Egg Roll	21 Chicken Parm W Pasta Hot Carrots Salad Apple	22 Cheese Pizza Cucumbers Salad Sidekick
<b>Menu Subject to Change</b>	24 L Ham Sub Crispy Chicken Salad	25 	26 Cheeseburger Fresh Carrots Salad Tater Tots Apple	27 Chicken alfredo Broccoli Salad Apple	28 Chicken Tenders Potato Wedges White Beans Salad Orange	29 Cheese Pizza Cucumbers Salad Sidekick
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