

***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 2023

Milk and Juice is served with every lunch.

Lunch \$3.75

Salad Combo & Sub Combo \$3.75

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

Menu subject to change.



	Mon 31	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5
	6	7	8	9	10	11
T					Taco Black Beans Lettuce Tomato Fresh Carrots Peaches	Boneless Chicken Wings Mashed Potato Fresh Carrots Broccoli Peaches / Roll
	13	14	15	16	17	18
O	Ham Sub Chicken Salad	Hot Dog Mac & Cheese Cucumbers Salad Hot Carrots Pineapple	BBQ Grilled Chicken Sandwich Cucumbers Fresh Carrots Potato Cubes Orange	Chicken Alfredo Broccoli Salad Fresh Carrots Apple	Meat Ball Sub Green Beans Fresh Carrots Tater Tots Peaches	Pepperoni Pizza Yogurt Cucumbers Salad Sidekick
	20	21	22	23	24	25
M	Turkey Sub Chef Salad	Boneless Ckn. Wings Fresh Carrots Cucumbers Tater Tots Mandarin Oranges	Cheeseburger Broccoli Cucumbers Spiral Potato Orange	Breaded Chicken Sandwich Potato Cubes White Beans Apple	Penne Pasta w/ Meat Sauce Hot Carrots Salad Orange	Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick
	27	28	29	30	31	1
H	Italian Sub Turkey Salad	Nachos Black Beans Lettuce /Tomatoes Fresh Carrots Orange Cheez-It	Chicken Alfredo Broccoli Salad Fresh Carrots Orange		Omelette / Roll Hashbrown Sausage Patty Cucumbers Fresh Carrots Apple	Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick
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