





***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 2022

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	H Ham Sub Turkey Salad			1 Chicken Alfredo Broccoli Salad Peaches	2 Cheese Pizza Cucumbers Fresh Carrots Sidekick	3
Lunch \$3.50	4 J Turkey Sub Chef Salad	5 	6 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	7 Chicken Alfredo Broccoli Salad Apple	8 Breaded Chicken Sandwich \ Broccoli Fresh carrots Spiral Potato Apple	9 Cheese Pizza Fresh Carrots Salad Sidekick
Salad Combo & Sub Combo \$3.50	11 O Italian Sub Chicken Salad	12 BBQ Grilled Chicken Sandwich Green beans Cucumbers Potato Cubes Orange	13 Meatball Sub Green Beans Tater Tots Pineapple	14 Hot Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	15 Chicken Alfredo Broccoli Salad Peaches	16 Cheese Pizza Salad Cucumbers Sidekick
Breads/Buns are whole grain rich.						17
Subs and Salads will not be made for Pizza days.	18 P Ham Sub Turkey Salad	19 Stromboli Meat Lover Fresh Carrots Cucumbers Salad Hot Apple	20 Chicken Tenders Spiral Potatoes White Beans Orange	21 Chicken Parmesan Pasta Hot Carrots Salad Apple	22 Vegetarian Fried Rice Egg Roll Chicken Broccoli Cucumber Apple	23 Cheese Pizza Cucumber Salad Sidekick
Menu Subject to Change	25 L Turkey Sub Crispy Chicken Salad	26 Chicken Tenders Potato wedges White Beans Salad Orange Rosh Hashanah	27 Cheeseburger Tater Tots Fresh Carrots Salad Apple	28 	29 Chicken Alfredo Broccoli Salad Apple	30 Cheese Pizza Cucumber Salad Sidekick
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