




***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 Middle School - Lunch Menu – August 2023

	Mon	Tue	Wed	Thu	Fri	Sat	
Milk is served with every lunch.						5	
Lunch \$3.50							
Salad Combo & Sub Combo \$3.50	6 T	7 	8	9	10 Taco Black Beans Lettuce Tomato Mandarin Oranges	11 Boneless Chicken Wings Mashed Potato Fresh Carrots Broccoli Peaches	12
Breads/Buns are whole grain rich.							
Subs and Salads will not be made for Pizza days.	13 O Ham Sub Chicken Salad	14 Hot Dog Mac & Cheese Hot Carrot Cucumbers Pineapple	15 BBQ Grilled Chicken Sandwich Green Beans Cucumbers Orange	16 Chicken Alfredo Broccoli Salad Peaches	17 Meatball Sub Green Beans Tater Tots Pineapple	18 Cheese Pizza Cucumbers Salad Sidekick	19
Menu Subject to Change	20 M Turkey Sub Chef Salad	21 Boneless Chicken Wings Baked Beans Tater Tots Mandarin Oranges	22 Cheeseburger Green Beans Lettuce Tomatoes Spiral Potato Apple	23 Breaded Chicken Sandwich Potato Cubes Cucumbers Fresh Carrots Pineapple	24 Penne Pasta w/ Meat Sauce Hot Carrots Salad Peaches	25 Cheese Pizza Cucumber Salad Sidekick	26
	27 H Italian Sub Turkey Salad	28 Nachos Black Beans Lettuce Tomatoes Orange	29 Chicken Alfredo Broccoli Salad Peaches	30 	31 Omelette Hashbrown Sausage Patty Cucumbers Apple Juice Roll	1 Cheese Pizza Fresh Carrots Cucumbers Sidekick	2

