

***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 High School - Lunch Menu – September 2022

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	Tue	Wed	Thu	Fri	Sat
H Ham Sub Turkey Salad				1 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	2 Pepperoni Pizza Cheese Stick Cucumbers Fresh Carrots Salad Sidekick
4 J Turkey Sub Chef Salad	5 	6 Boneless Chicken Wings / Roll Spiral Potato Baked Beans Mandarin Oranges	7 Chicken Alfredo Broccoli Fresh Carrots Salad Orange	8 Breaded Chicken Sandwich Broccoli Fresh Carrots Tater Tots Apple	9 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Salad Sidekick
11 O Italian Sub Chicken Salad	12 BBQ Grilled Chicken Sandwich Fresh Carrots Cucumbers Potato Cubes Orange	13 Meatball Sub Green Beans Tater Tots Fresh Carrots Peaches	14 Hot Dog Mac & Cheese Cucumbers Hot Carrots Pineapple	15 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	16 Pepperoni Pizza Yogurt Cucumber Salad Sidekick
18 P Ham Sub Turkey Salad	19 Stromboli Meat Lover Cucumbers Salad Fresh Carrots Applesauce	20 Chicken Tenders Mashed Potato White Beans Fresh Carrots Roll / Apple	21 Chicken Parmesan Pasta Hot Carrots Salad Cucumber / Apple	22 Vegetarian Fried Rice Chicken / Egg Roll Broccoli / Cucumbers Fresh Carrot Applesauce	23 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Sidekick
25 L Turkey Sub Crispy Chicken Salad	26 Chicken Tenders Potato wedges Fresh Carrots / Salad White Beans Peaches	27 Cheeseburger Potato Cubes Fresh Carrots Salad Pineapple	28 	29 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	30 Pepperoni Pizza Cheese Stick Cucumber Salad Sidekick
Rosh Hashanah					

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