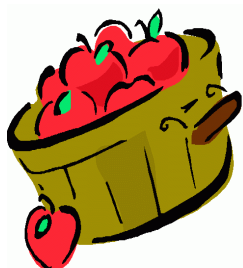


***Healthy tip of the month -**

Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.

Oasis Middle School - Lunch Menu – September 2016

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch. Menu subject to change. Lunch \$3.25 Salad Combo \$3.25 Sandwich Combo \$3.25 Breads/Buns are whole grain rich. Sandwiches and salads will not be made for Pizza	J Italian Combo Chicken Salad			1 Chicken Alfredo Broccoli Salad Apple	2 Cheese Pizza Sidekick Fresh Carrots Salad	3
	4 D Ham Combo Chef Salad	5 	6 Chicken Nuggets Mashed Potato Hot Carrots Orange	7 Pulled Pork Baked beans Cole slaw Tater Tots Mandarin Orange	8 Chicken Alfredo Broccoli Salad Apple	9 Cheese Pizza Sidekick Fresh Carrots Salad
	11 T Turkey Combo Chicken Salas	12 Corn Dog Tarter Tots Green beans Apple	13 Breaded Steak Mac & cheese Hot carrots Salad Orange	14 Chicken Nuggets Mashed Potato Broccoli Peaches	15 Tacos Black Beans Lettuce / Tomato Mandarin Orange	16 Cheese Pizza Sidekick Fresh Carrots Salad
	18 H Italian Combo Chef Salad	19 Frittata / Hash Brown , sausage Cucumbers Apple Juice	20 Cheeseburger Tater Tots Lettuce / Tomato Orange	21 Early Dismissal	22 Chicken Alfredo Broccoli Fresh Carrots Apple	23 Cheese Pizza Sidekick Cucumbers Salad
	25 A Ham Combo Chicken salad	26 Chicken Nuggets Mashed Potato White beans Orange	27 Meatball sub Hot Carrots Tater tots Peaches	28 Grilled chicken Patty Spiral Potato Green beans Applesauce	29 Chicken Alfredo Broccoli Salad Apple	30 Cheese Pizza Juice cup Cucumbers Salad



*Available online to make payments or check account balances: myschoolbucks.com

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