




***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 2017

	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch. Menu subject to change. Lunch \$3.25 Salad Combo \$3.25	H Turkey Sub Chicken Salad					1 Cheese Pizza Sidekick Cucumbers Salad
	3 F Ham Sub Chef Salad	4 	5 Nachos Black Beans Lettuce Tomato Orange	6 Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Oranges	7 Chicken Alfredo Broccoli Salad Apple Roll	8 Cheese Pizza Sidekick Cucumbers Salad
Sandwich Combo \$3.25 Breads/Buns are whole grain rich. Sandwiches and salads will not be made for Pizza	10 J Italian Sub Chicken Salad	11 Grilled Ckn. Strips Rice / Tortilla Black Beans Lettuce / Tomato Plantain	12 Chicken wings Baked Beans Spiral Potato Mandarin Oranges	13 Early Release	14 Chicken Alfredo Broccoli Salad Apple	15 Cheese Pizza Sidekick Fresh Carrots Salad
	17 M Turkey Sub Chef Salad	18 Cheeseburger Spiral Potato Lettuce Tomato Apple	19 Breaded Chicken Sandwich White Beans Potato Cubes Pineapple	20 Pasta with Meat Sauce Salad Hot Carrots Peaches	21 School Closed	22 Cheese Pizza Sidekick Cucumbers Salad
	24 P Ham Sub Chicken Salad	25 Breaded Steak Mashed Potatoes Broccoli Orange Roll	26 Chicken Nuggets Spiral Potato Corn Peaches	27 Salisbury Steak Mashed Potato White beans Cucumber Applesauce	28 Pasta With Chicken Parmesan Salad Hot Carrots Apple	29 Cheese Pizza Sidekick Cucumbers Salad
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