

***Healthy tip of the month -**

After a summer break, it's time for the kids to head back to school and focus on classes, sports and other after-school activities. Here are some back-to-school health tips to consider. **Get vaccinated** You, your partner and your children should all get vaccinated as early as possible in the school year. Many schools require certain vaccinations before children can enroll. **Set bedtimes** It's essential for kids (and adults!) to get a healthy amount of sleep each night to stay focused throughout the day. **Teach good hygiene habits** With so many people around, germs are bound to be lurking in classrooms. To help your kids avoid getting sick, it's important to show them how to protect themselves. Teach them to wash their hands after using the restroom and before going to lunch or eating a snack. **Stock up on healthy foods** It might be easy to pack your kids' lunches with premade snacks, but a healthy diet is of the utmost importance, and junk foods don't fit into the equation. **Manage stress** Back-to-school season is stressful for kids and parents alike, but too much stress can lead to a variety of health issues, like insomnia and sluggish immune systems. Help manage stress by talking to your children about anything that's bothering them.

Oasis Middle School - Lunch Menu – August 2017

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 days.



	Mon	Tue	Wed	Thu	Fri	Sat
			2	3	4	5
6	7	8	9	10	11	12
B				Corn Dog Green Beans Potato Cubes Sliced Apple	Cheeseburger Corn Sweet Potato Mandarin Orange	
13	14	15	16	17	18	19
N	Boneless Chicken Wings / Fresh Carrots Mashed Potato White beans Peaches	Hamburger Slider Mac & Cheese Green Beans Lettuce / Tomatoes Orange	Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin Orange	Chicken Alfredo Broccoli Salad Apple Roll	Cheese Pizza Sidekick Cucumbers Salad	
20	21	22	23	24	25	26
A	Chicken Nuggets Mashed Potato White Beans Orange	Grilled chicken Sandwich Spiral Potato Green beans Applesauce	Meatball sub Hot Carrots Tater tots Peaches	Chicken Alfredo Broccoli Salad Apple	Cheese Pizza Sidekick Cucumbers Salad	
27	28	29	30	31	1	2
H	Cheese Calzone Cucumbers Salad Mandarin Orange Marinara sauce	Cheeseburger Lettuce Tomatoes Tater Tots Orange	Frittata Hash Brown Sausage Cucumbers Apple Juice	Hot Dog Baked Beans Sweet Potato Apple	Cheese Pizza Sidekick Cucumbers Salad	

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