

***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 2016

Milk is served with every lunch.

Menu subject to change.

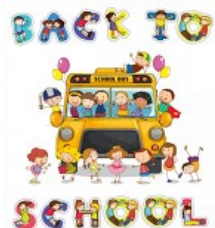
Lunch \$3.25

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
	7	8	9	10	11	12
	O					6
	Turkey Combo					
	Chicken Salad					
	14	15	16	17	18	19
	C					
	Italian Combo	Breaded beef Steak	Corn Dog	Chicken Nuggets	Chicken Parmesan	Cheese Pizza
	Chef Salad	Mashed Potato	Mac & cheese	Spiral Potato	Hot Carrots	Sidekick
		Broccoli	Green beans	White Beans	Salad	Cucumbers
		Mandarin Orange Roll	Cucumbers	Peaches	Apple	Salad
			Apple			
	21	22	23	24	25	26
	G					
	Ham Combo	Cheese Calzone	BBQ Grilled Ckn	Cheeseburger	Chicken Nuggets	Cheese Pizza
	Chicken Salad	Cucumbers	Baked Beans	Broccoli	Mac & Cheese	Sidekick
		Salad	Tater Tots	Sweet Potato	Corn / Cucumbers	Cucumbers
		Hot apples	Mandarin Orange	Orange	Apple	Salad
	28	29	30	31	1	2
	J					
	Turkey Com- bo Chef Salad	Grilled Ckn. Strips	Sloppy Joe	Chicken wings	Chicken Alfredo	Cheese Pizza
		Rice	Green beans	Baked Beans	Broccoli	Sidekick
		Black Beans	Sweet Potato	Spiral Potato	Salad	Fresh Carrots
		Plantain	Orange	Mandarin Oranges	Apple	Salad
		Lettuce / tomato				

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

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