

***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 2023

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	
				1 Pepperoni Pizza Cheese Stick Cucumbers Salad Fresh Carrots Sidekick	2	
3 A Ham Sub Chicken Salad	4 	5 Boneless Chicken Wings Mashed Potato White beans Fresh Carrots Orange	6 Meatball Sub Green Beans Fresh Carrots Tater Tots Peaches	7 Chicken Alfredo Broccoli Fresh Carrots Salad Apple	8 Pepperoni Pizza Yogurt Cucumbers Salad Sidekick	9
10 B Turkey Sub Chef Salad	11 Corn Dog Green Beans Fresh carrots Potato Cubes Hot Apple	12 Cheeseburger Fresh Carrots Broccoli Potato Wedge Mandarin Orange	13 Penne Pasta w Meat Sauce Cucumbers Salad Apple	14 Taco Black Beans Lettuce Tomatoes Orange	15 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	16
17 P Italian Sub Turkey Salad	18 Chicken Tenders Mashed Potato Fresh Carrots White Beans Apple	19 Stromboli Meat Lover Salad Cucumbers Fresh carrots Applesauce	20 Veg. Fried Rice Chicken Chunks Broccoli Cucumbers Fresh Carrots Egg Roll	21 Chicken Parm W Pasta Hot Carrots Salad Cucumbers Apple	22 Pepperoni Pizza Yogurt Fresh Carrots Salad Sidekick	23
24 L Ham Sub Crispy Chicken Salad	25 	26 Cheeseburger Fresh Carrots Salad Potato Cubes Pineapple	27 Chicken Alfredo Broccoli Fresh carrots Salad Apple	28 Chicken Tenders Potato Wedges White Beans Salad Peaches	29 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	30

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