

***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 2020

		Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	R Italian Sub Chicken Salad	31 Corn Dog Green Beans Potato Cubes Hot Apples	1 Meatball & Cheese Sandwich Salad / Fresh Carrots Potato Wedges Orange	2 Beef & Cheese Burrito Black Beans Lettuce Tomatoes Orange	3 Cheeseburger Fresh Carrots Tater Tots Apple	4 Cheese Pizza Sidekick Cucumber Salad	5
Menu subject to change.	6 L Turkey Sub Chef Salad	7 	8 Turkey Pepperoni Cheese Sandwich Potato cubes Fresh Carrots / Salad Apple	9 Chicken Tenders White Beans Potato Wedge Orange	10 Chicken Alfredo Salad / Cucumbers Tomatoes Apple	11 Cheese Pizza Sidekick Cucumber Salad	12
Lunch \$3.50							
Salad Combo & Sub Combo \$3.50							
Breads/Buns are whole grain rich.	13 G Ham Sub Turkey Salad	14 Chicken Tenders Mac & Cheese Cucumbers Corn Apple	15 Cheeseburger Spiral Potato Salad Orange	16 Stromboli Meat Lover Salad Cucumbers Tomatoes Marinara Sauce Hot Apple	17 BBQ Grilled Chicken Sandwich Baked Beans Tater Tots Mandarin Orange	18 Cheese Pizza Sidekick Cucumber Salad	19
Subs and Salads will not be made for Pizza days.	20 J Italian Sub Crispy Chicken Salad	21 Boneless Chicken Wings Mashed Potato White Beans Mandarin Oranges	22 Philly Cheese Steak Sub Potato Cubes Cucumbers Orange	23 Early Dismissal	24 Chicken Alfredo Salad Tomatoes Apple	25 Cheese Pizza Sidekick Fresh Carrots Salad	26
	27 T Turkey Sub Chef Salad	28 	29 Turkey Ham & Cheese Sandwich Salad Potato Cubes Orange	30 Beef & Cheese Burrito Black Beans Lettuce Tomatoes Mandarin Orange	1 Boneless Chicken Wings Fresh Carrots Tater Tots Peaches	2 Cheese Pizza Sidekick Cucumber Salad	3



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