## \*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 High School - Lunch Menu - August 2025

		Mon	Tue	Wed	Thu	Fri	Sat
Milk and Juice is served with every lunch.					To The state of th		2
Lunch \$3.75		) (		775			
Salad Combo & Sub Combo \$3.75	3	4 3 1	SCH 1 Da			<b>37</b> 38	9
Breads/Buns are whole grain rich.	4410			12	14	15	16
Subs and Salads will not be made for Pizza days.	11]0 M Italian Sub Chef Salad	11 Boneless Chicken Wings / Roll Fresh Carrots Cucumbers Tater Tots Mandarin Oranges	12 Cheeseburger Broccoli Cucumbers French Fries Apple	13 Chicken Alfredo Hot Carrots Salad Banana Fresh Carrots Cucumbers	Breaded Chicken Sandwich Potato Cubes White Beans Apple Apple juice	Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	
Menu subject to change.	17 B Ham Sub Crispychicken Salad	18 Stromboli Fresh Carrots Green beans Potato wedges Apple	19 Taco Black Beans Fresh Carrots Lettuce / Tomato Orange/Cheeze it	20 Chicken Wings / Roll Potato Cubes Broccoli Fresh Carrots Orange	21 Chicken Alfredo Broccoli Fresh Carrots Salad Banana	22 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick	23
	P Italian Sub Turkey Salad	25 Penne Pasta with Meatballs Fresh Carrots Salad Cucumber Apple	26 Chicken Tenders Spiral Potato Fresh Carrots White Beans Apple	27 Cheeseburger Potatoe Cubes Hot Carrots Salad Cucumbers Apple	28 Veggie Fried Rice Chicken Chunks Egg Roll Broccoli Cucumbers Apple	29 Pepperoni Pizza Yogurt Fresh Carrots Salad Sidekick	30

\*Available online to make payments or check account balances: myschoolbucks.com
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## \*Healthy tip of the Month:

Here are a few tips to reduce stress and have a fantastic school year. Get enough sleep. Eat a healthy breakfast. Try your best. Use good work habits, like writing down your assignments and turning in your homework on time. Take your time with school work. If you don't understand something, ask someone. Keep a sense of humor.

## Oasis Charter Schools Breakfast Menu-September 2025

Additional			Mon	Tue	Wed	Thu	Fri	Sat
Purchase Milk .75	1	1	1	2 Cereal	3 Muffin	4 Mini Cinni Yogust	5 French Toast	6
Breakfast is served Monday-Friday			LABOR MANAGEMENT OF THE PROPERTY OF THE PROPER	Yogurt Banana Orange Juice	yogurt Apple Apple Juice	Yogurt Sliced Apple Orange Juice	Sausage Pineapple Apple Juice	
ONE 7:45am-8:15am	7		8	9	10	11	Syrup 12	13
OES 8:00am-8:30am	,	J	Chocolate Muffin Yogurt Orange Apple Juice	Omelette Sausage Hash brown Pineapple Orange Juice	Cereal Yogurt Orange Apple Juice	French Toast Sausage Pineapple Apple Juice Syrup	Egg,Bacon & Cheese bagel	13
Middle School 7:10am-7:35am							Yogurt Banana Oanage Juice	
High School 6:30am-7:00am	14	L	15 Banana Sliced Bread Cheese Stick Applesauce Apple Juice	16 Ham, Egg & Cheese English Muffin Sand. Pineapple Orange Juice	17 Scrambled Eggs Hash Brown Sausage Orange Apple Juice	18 Mini Cinni Yogurt Banana Orange Juice	19 Cereal Yogurt Peaches Orange Juice	20
Start your day with a healthy breakfast.  Breakfast								
\$2.25	1270							
Menu Subject to change	21	М	22 Egg Bacon Cheese Bagel Yogurt Pineapple Orange Juice	Rosh Hashanah	24 Cheese Omelette Hash Brown Sausage Apple Orange Juice	25 Cereal Yogurt Orange Apple Juice	26 Chocolate Muffin Yogurt Peaches Apple Juice	27
September	28	A	29 Cereal Yogurt Orange Apple Juice	30 Muffin Cheese Stick Oranges Orange Juice	1 Pancake Sausage Peaches Apple Juice Syrup	2 Bagel Yogurt Orange Apple Juice Cream Cheese	3 Pancake Wrap Pineapple Apple Juice Syrup	5

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