

***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 – August 2026

Milk and Juice is served with every lunch.

Lunch \$2.75

Salad Combo & Sub Combo \$2.75

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

Menu subject to change.



— WELCOME —
BACK TO SCHOOL

	Mon	Tue	Wed	Thu	Fri	Sat	
— WELCOME — BACK TO SCHOOL							
9	M Ham Sub Chef Salad	10 Last Day of Break	11 Boneless Chicken WG Roll Baked Beans Mashed Potatoes Fresh Carrots Orange Slices	12 Cheeseburger French Fries Green Beans Apples Lettuce/tomato	13 Chicken Alfredo Veggie Mix Fresh Carrots Banana Romaine Salad	14 Nachos Doritos Black Beans Salsa/Nacho Cheese Oranges Let/Tom	15
16	S Crispy Chicken Wrap Chef Salad	17 Chicken Tenders Mac & Cheese Edamame Beans Romaine Salad Orange Slices WG Roll	18 French Toast Sausage Potato Cubes Fresh Carrot Cucumber Banana	19 Stromboli Meat Lover Hot Carrots Romaine Salad Cucumber Orange slices WG Roll	20 Chicken Alfredo WG Roll Broccoli Romaine Salad Apples	21 Hot Dog French Fries Green Beans Banana Cucumber	22
23	I Italian Sub Chicken Salad	24 Chicken Wings Mac & Cheese White Beans Romaine Salad Fresh Carrots Banana/ WG Roll	25 BBQ Pulled Chicken WG Roll Green Beans Potato Cubes Carrots/Cucumber Orange slices	26 Corn Dog Spiral Potatoes Corn Fresh Carrots Apples	27 Pasta w/ Meatsauce WG Roll Hot Carrots Romaine Salad Cucumbers Apples	28 Pepperoni Pizza Cheese Stick Cucumber Fresh Carrots Romaine Salad Sidekick	29
30	F Ham Sub Crispy Chicken Salad	31 Nachos Doritos Black Beans Nacho Cheese Salsa/Let/ Tom Orange Slices	1 Hot Dogs Potato Cubes Green Beans Cucumbers Banana/Cheeze it Fresh Carrots	2 Breaded Chicken Sandwich Spiral Potatoes Hot Carrots Apples Romaine Salad	3 Chicken Alfredo Broccoli Romaine Salad Cucumbers Apples	4 Pepperoni Pizza Cheese Stick Cucumbers Salad Sidekick Cheeze it	5

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