

*Healthy tip of the Month:

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



Oasis Campus & Oasis Elem. North - Breakfast Menu – December 2020

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	J		1 Frittata Hash Brown Pineapple Orange Juice	2 Chocolate Muffin Yogurt Peaches Apple Juice	3 French Toast Sausage Pineapple Apple Juice Syrup	4 Mini Cinni Yogurt Applesauce Orange Juice	5
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	6	7 Cereal Yogurt Orange Apple Juice	8 Waffles Sausage Peaches Apple Juice Syrup	9 English Muffin Sand. Ham, Egg & Cheese Orange Apple Juice	10 Egg Ham Cheese Burrito Peaches Apple Juice	11 Muffin Yogurt Peaches Apple Juice	12
OES 8:00am-8:15am	I						
Middle School 7:10am-7:35am	13	14 Muffin Yogurt Peaches Orange Juice	15 Bagel Orange Apple Juice Cream Cheese	16 Pancake Wrap Pineapple Apple Juice Syrup	17 Blueberry or Banana Bread Cheese Stick Peaches Apple Juice	18 Cereal Yogurt Orange Apple Juice	19
High School 6:40am-7:00am	A						
Start your day with a healthy breakfast.	20						26
Breakfast \$2.25							
	27						2
							

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

This institution is an equal opportunity provider.

Menu is subject to change due to availability