

***Healthy tip of the Month:**

Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy. It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kid's attention span, concentration, and memory, which they need to learn in school.



Oasis Campus & Oasis North Elementary- Breakfast Menu – August 2023

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75		31	1	2	3		5
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	6	7	8	9	10	11	12
OES 8:00am-8:30am	A				Cereal Yogurt Orange Apple Juice	Pancakes Sausage Peaches Apple Juice Syrup	
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	13	14	15	16	17	18	19
Start your day with a healthy breakfast.	D	Chocolate Muffin Yogurt Applesauce Apple Juice	Omelette Hashbrown Pineapple Apple Juice	Cereal Yogurt Orange Grape Juice	Biscuit sausage Sandwich Peaches Orange Juice	Cinnamon Raisin Bagel Sliced Apple Apple Juice Cream Cheese	
Breakfast \$2.25							
<i>Menu Subject to change</i>	20	21	22	23	24	25	26
	B	Cereal Yogurt Sliced Apple Grape Juice	Bagel Peaches Orange Juice Cream Cheese	Muffin Yogurt Peaches Apple Juice	Waffle Sausage Pineapple Apple Juice Syrup	Cinni Mini Yogurt Applesauce Apple Juice	
	27	28	29	30	31	1	2
	E	French Toast Sausage Pineapple Apple Juice Syrup	Chocolate Muffin Yogurt Peaches Apple Juice	Scramble Egg Hashbrown Sausage Peaches Orange Juice	Cereal Yogurt Applesauce Orange Juice	Bagel Orange Apple Juice Cream Cheese	



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