




\*Healthy tip of the Month:

Does your child get enough [sleep](#)? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being [overweight](#). Sleep shortfalls may increase [hunger](#) hormones -- so kids eat more. Also, kids are less likely to get [exercise](#) (and burn off calories) when they're tired.



## Oasis Campus & Oasis North Elementary- Breakfast Menu – November 2021

		Mon	Tue	Wed	Thu	Fri	Sat	
Additional Purchase Milk .75	B	1 Cereal Yogurt Sliced Apple Grape Juice	2 Mini Cinnis Yogurt Applesauce Apple Juice	3 Bagel Peaches Orange Juice Cream Cheese	4 Cinnamon Bun Sausage Pineapple Apple Juice	5 Muffin Yogurt Peaches Apple Juice	6	
Breakfast is served Monday-Friday								
ONE 7:45am-8:15am	7	D	8 Mini Cinn. Bagel w/ cream cheese Sliced Apple Apple Juice	9 Frittata Hash Brown Pineapple Apple Juice	10 Chocolate Muffin Yogurt Applesauce Apple Juice	11  Hurricane Make up Day	12 Cereal Yogurt Orange Grape Juice	13
OES 8:00am-8:30am								
Middle School 7:10am-7:35am	14	A	15 Bagel Orange Apple Juice Cream Cheese	16 Pancake Wrap Pineapple Apple Juice Syrup	17 Cereal Yogurt Orange Apple Juice	18 Mini Pancakes Sausage Peaches Apple Juice Syrup	19 Muffin Yogurt Peaches Orange Juice	20
High School 6:35am-7:00am								
Start your day with a healthy breakfast.	21							27
Breakfast \$2.25								
	28	K	29 Ham & Cheese Pocket Pineapple Orange Juice	30 Chocolate Muffin Yogurt Peaches Apple Juice	1 Scramble Egg Sausage Hash Brown Sliced Apple Orange Juice	2 Cereal Yogurt Orange Apple Juice	3 French Toast Sausage Pineapple Apple Juice Syrup	4



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