

*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 Campus & Oasis Elem. North - Breakfast Menu – September 2020

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75		31	1	2	3	4	5
Breakfast is served Monday-Friday	L	Cereal Yogurt Peaches Apple Juice	Turkey Sausage & Cheese Wrap Orange Apple Juice	English Muffin Sausage, egg & Cheese Sandwich Pineapple Orange Juice	Muffin Yogurt Peaches Apple Juice	Cinni Mini Yogurt Applesauce Apple Juice	
ONE 7:45am-8:15am	6	7	8	9	10	11	12
OES 8:00am-8:15am	H		Cereal Yogurt Applesauce Orange Juice	Cinnamon Bun Sausage Pineapple Apple Juice	Bagel Orange Apple Juice Cream Cheese	Chocolate Muffin Yogurt Peaches Orange Juice	
Middle School 7:10am-7:35am	13	14	15	16	17	18	19
High School 6:40am-7:00am	I	Cereal Yogurt Orange Apple Juice	English Muffin Ham, Egg & cheese Sandwich Orange Apple Juice	Sausage & Egg Burrito Peaches Apple Juice	Muffin Yogurt Peaches Apple Juice	Waffle & Sausage Peaches Apple Juice Syrup	
Start your day with a healthy breakfast.	20	21	22	23	24	25	26
Breakfast \$2.25	J	Chocolate Muffin Yogurt Peaches Apple Juice	Frittata Hash brown Pineapple Orange Juice	Cinni Mini Yogurt Applesauce Orange Juice	French Toast Sausage Pineapple Apple Juice Syrup	Cereal Yogurt Orange Apple Juice	
	27	28	29	30	1	2	3
	A		Muffin Yogurt Peaches Orange Juice	Bagel Orange Apple Juice Cream Cheese	Cereal Yogurt Orange Apple Juice	Blueberry or Banana Bread Cheese Stick Peaches Apple Juice	

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