

\*Healthy tip of the Month:

Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options they can have - encouraging your family to choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods

## OEN & OES. North - Breakfast Menu – May 2021

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	2	3	4	5	6	7	8
Breakfast is served Monday-Friday	E	Cereal Applesauce Yogurt Orange Juice	French Toast Sausage Pineapple Apple Juice Syrup	Bagel Orange Apple Juice Cream Cheese	Ham & Cheese Pocket Peaches Orange Juice	Chocolate Muffin Yogurt Peaches Apple Juice	
ONE 7:45am-8:15am	9	10	11	12	13	14	15
OES 8:00am-8:15am	I	Muffin Yogurt Peaches Apple Juice	Mini Waffles Sausage Peaches Apple Juice Syrup	English Muffin Sand. Ham, Egg & Cheese Orange Apple Juice	Mini Cinnamon. Bagel w Cheese Yogurt Peaches Apple Juice	Cereal Yogurt Orange Apple Juice	
Middle School 7:10am-7:35am	16	17	18	19	20	21	22
High School 6:40am-7:00am	H	Cereal Yogurt Applesauce Orange Juice	Bagel Orange Apple Juice Cream Cheese	Cinnamon Bun Sausage Pineapple Apple Juice	Maple Mini Pancakes Yogurt Peaches Orange Juice Syrup	Chocolate Muffin Yogurt Peaches Orange Juice	
Start your day with a healthy breakfast.	23	24	25	26	27	28	29
<b>Breakfast \$2.25</b>	F	Mini Cinni Yogurt Sliced Apple Apple Juice	Cinnamon Raisin Bagel Cream Cheese Orange Apple Juice	Muffin Yogurt Peaches Apple Juice	English Muffin Sand. Sausage, Egg, Cheese Pineapple Orange Juice	Cereal Yogurt Peaches Apple Juice	



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**This institution is an equal opportunity provider.**

**Menus are subject to change due to availability**