

*Healthy tip of the Month:

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association

Oasis Campus & Oasis North Elementary- Breakfast Menu – October 2021

		Mon	Tue	Wed	Thu	Fri	Sat	
Additional Purchase Milk .75						1	2	
Breakfast is served Monday-Friday	I						Cinni Mini Yogurt Sliced Apple Orange Juice	
ONE 7:45am-8:15am	3	4	5	6	7	8	9	
OES 8:00am-8:30am	E	Cereal Yogurt Applesauce Orange Juice	Bagel Orange Apple Juice Cream Cheese	Scramble Egg Sausage Hash Brown Peaches Orange Juice	French Toast Sausage Pineapple Apple juice Syrup	Chocolate Muffin Yogurt Peaches Apple Juice		
Middle School 7:10am-7:35am	10	11	12	13	14	15	16	
High School 6:35am-7:00am	G	Pancake Wrap Pineapple Apple Juice Syrup	Muffin Yogurt Peaches Apple Juice	Biscuit Sausage Sandwich Sliced Apple Orange Juice	Cereal Yogurt Peaches Apple Juice	Professional Duty Day		
Start your day with a healthy breakfast.	17	18	19	20	21	22	23	
Breakfast \$2.25	J	Cinni Mini Yogurt Applesauce Orange Juice	Frittata Hash Brown Pineapple Orange Juice	French Toast Sausage Pineapple Apple Juice Syrup	Chocolate Muffin Yogurt Peaches Apple Juice	Cereal Yogurt Orange Apple Juice		
	24 / 31	25	26	27	28	29	30	
	L	Blueberry or Banana Bread Cheese Stick Applesauce Apple Juice	Mini Cinn. Bagel w/ Cream Cheese Filling Sliced Apple Apple Juice	Cereal Yogurt Peaches Orange Juice	English Muffin Ham, Egg, Cheese Sandwich Pineapple Orange Juice	Muffin Yogurt Peaches Orange Juice		

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