

*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 North Elementary-Breakfast Menu– September 2023

Additional
Purchase
Milk .75

Breakfast is served
Monday-Friday

ONE
7:45am-8:15am

OES
8:00am-8:30am

Middle School
7:10am-7:35am

High School
6:40am-7:00am

Start your day with
a healthy breakfast.

**Breakfast
\$2.25**

*Menu Subject to
change*



Mon	Tue	Wed	Thu	Fri	Sat
				1 Bagel Orange Apple Juice Cream Cheese	2
3	C	4	5 Cereal Yogurt Applesauce Apple Juice	6 English Muffin Ham & Cheese Sand. Orange Apple juice	7 Pancake Wrap Peaches Apple Juice Syrup
		8 Cinni Mini Yogurt Orange Apple Juice	9		
10	K	11 Chocolate Muffin Yogurt Peaches Apple Juice	12 Egg Bacon Cheese Bagel Pineapple Orange Juice	13 French Toast Sausage Pineapple Apple Juice Syrup	14 Scramble Egg Hash Brown Sausage Slice Apple Orange Juice
		15 Cereal Yogurt Orange Apple Juice	16		
17	A	18 Bagel Orange Apple Juice Cream Cheese	19 Muffin Yogurt Peaches Orange Juice	20 Pancake Wrap Pineapple Apple Juice Syrup	21 Cereal Yogurt Orange Apple Juice
		22 Pancake Sausage Peaches Apple Juice Syrup	23		
24	J	25	26 Chocolate Muffin Yogurt Peaches Apple Juice	27 French Toast Sausage Pineapple Apple Juice Syrup	28 Omelette Hash brown Pineapple Orange Juice
		29 Cereal Yogurt Orange Apple Juice	30		

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