




## \*Healthy tip of the Month:

**Eating Better. Breakfast** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

# Oasis Campus & Oasis North Elementary- Breakfast Menu – March 2022

		Mon	Tue	Wed	Thu	Fri	Sat
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 6:35am-7:00am  Start your day with a healthy breakfast.	H		1 Bagel Cream Cheese Orange Apple Juice	2 Cinnamon Bun Sausage Pineapple Apple Juice	3 Pancake Wrap Peaches Orange Juice Syrup	4 Cereal Yogurt Applesauce Orange Juice	5
	6  J	7 Chocolate Muffin Yogurt Peaches Apple Juice	8 Omelette Hash Brown Pineapple Orange Juice	9 Cereal Yogurt Orange Apple Juice	10 French Toast Sausage Pineapple Apple Juice Syrup	11 Cinnamon Bun Sausage Applesauce Orange Juice	12
	13  K	14 Cereal Yogurt Orange Apple Juice	15 Chocolate Muffin Yogurt Peaches Apple Juice	16 Scramble Egg Hash brown Sausage Sliced Apple Orange Juice	17 French Toast Sausage Pineapple Apple Juice Syrup	18 <b>Professional Duty Day</b>	19
Breakfast \$2.25		20					26
	27  L	28 Blueberry or Banana Bread Cheese Stick Applesauce Apple Juice	29 English Muffin Ham, Egg, Cheese Sandwich Pineapple	30 Muffin Yogurt Peaches Orange Juice	31 Cinnamon Raisin Bagel Cream Cheese Sliced Apple Apple Juice	1 Cereal Yogurt Peaches Orange Juice	2

Menu Subject to Change

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)  
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