




*Healthy tip of the Month:

Eating Better. Tips to a healthy eating: Eat a variety of food, You need more than 40 different nutrients for good health and no single food can supply them all. **Enjoy plenty of fruits and vegetables,** Most of us do not eat enough of these foods either although they provide important protective nutrients. **Eat moderate portions - reduce, don't eliminate foods,** If you keep portion sizes reasonable, it's easier to eat all the foods you enjoy without having to eliminate any. **Eat regularly,** Skipping meals, especially breakfast, can lead to out-of-control hunger. **Get on the move,** As we have seen, too many calories and not enough activity can result in weight gain. Moderately physical activity helps burn off those extra calorie.

Oasis Campus & Oasis Elementary North - Breakfast Menu – April 2023

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75							1
Breakfast is served Monday-Friday							
OEN 7:45am-8:15am	2	3	4	5	6	7	8
OES 8:00am-8:30am	J	Cereal Yogurt Orange Apple Juice	Omelette Hash Brown Pineapple Orange Juice	French Toast Sausage Pineapple Apple Juice Syrup	Chocolate Muffin Yogurt Peaches Apple Juice	Happy Good Friday	
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	9	10	11	12	13	14	15
Start your day with a healthy breakfast.	B	 Easter Monday	Cinni Mini Yogurt Applesauce Apple Juice	Bagel Cream Cheese Peaches Orange Juice	Cereal Yogurt Sliced Apple Grape Juice	Muffin Yogurt Peaches Apple Juice	
Breakfast \$2.25							
Menu Subject to change	16	17	18	19	20	21	22
	E	Bagel Orange Apple Juice Cream Cheese	Scramble Egg Sausage Hash Brown Peaches Orange Juice	Chocolate Muffin Yogurt Peaches Apple Juice	French Toast Sausage Pineapple Apple juice Syrup	Cereal Yogurt Applesauce Orange Juice	
	23/ 30	24	25	26	27	28	29
	G	Muffin Yogurt Peaches Apple Juice	Biscuit Sausage Sandwich Sliced Apple Orange Juice	Cereal Yogurt Peaches Apple Juice	Pancake Wrap Pineapple Apple Juice Syrup	Cinni Mini Yogurt Pineapple Orange Juice	

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