

\*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 2022

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	2	3	4	5	6	7	8
Breakfast is served Monday-Friday	B						
ONE 7:45am-8:15am	9	10	11	12	13	14	15
OES 8:00am-8:30am	D				Teachers & Staff Back to Work		Professional Duty Day
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	16	17	18	19	20	21	22
Start your day with a healthy breakfast.	B	Cereal Yogurt Sliced Apple Grape Juice	Bagel Cream Cheese Peaches Orange Juice	Cinni Mini Yogurt Applesauce Apple Juice	Muffin Yogurt Peaches Apple Juice	Cinnamon bun Sausage Pineapple Apple Juice	
<b>Breakfast \$2.25</b>	23	24	25	26	27	28	29
<i>Menu Subject to change</i>	F	Egg Bacon & Cheese Bagel Sliced Apple Apple Juice	Muffin Yogurt Peaches Apple Juice	English Muffin Sand. Sausage, Egg, Cheese Pineapple Orange Juice	Cereal Yogurt Peaches Apple Juice	Cinn. Raisin Bagel Applesauce Cream Cheese Apple Juice	
	30	31	1	2	3	4	5
	E	Cereal Yogurt Applesauce Orange Juice	Scramble Egg Sausage Hash Brown Peaches Orange Juice	Bagel Orange Apple Juice Cream Cheese	French Toast Sausage Pineapple Apple juice Syrup	Chocolate Muffin Yogurt Peaches Apple Juice	



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