

*Healthy tip of the Month:

Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options they can have - encouraging your family to choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.



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

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



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