

*Healthy tip of the Month:

Start the day with a healthy breakfast. It refuels your body and gives you energy for the day. Let kids help plan one meal each week and eat together as often as possible. Eat slowly. It takes 20 minutes for your brain to register that you are full. Eat more vegetables and fresh fruits. Eat more whole grains (e.g., oats, brown rice, rye, crackers, whole-wheat pasta). Drink plenty of fluids. Choose water, low-fat or nonfat milk and low calorie or diet beverages. Serve a variety of foods.

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

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75				1 Biscuit Sausage Sandwich Sliced Apple Orange Juice	2 Cereal Yogurt Peaches Apple Juice	3 Muffin Yogurt Peaches Apple Juice	4
Breakfast is served Monday-Friday	G						
ONE 7:45am-8:15am	5	6 Pancake Wrap Pineapple Apple Juice Syrup	7 Cereal Yogurt Orange Apple Juice	8 Muffin Yogurt Peaches Orange Juice	9 Bagel Orange Apple juice Cream Cheese	10 Pancakes Sausage Peaches Apple Juice Syrup	11
OES 8:00am-8:30am	A						
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	12	13 Cereal Yogurt Orange Grape Juice	14 Omelette & Hashbrown Pineapple Apple Juice	15 Cinnamon Raisin Bagel Slice Apple Cream Cheese Apple Juice	16 Biscuit Sausage Sandwich Peaches Orange Juice	17 Chocolate Muffin Yogurt Applesauce Apple Juice	18
Start your day with a healthy breakfast.	D						
Breakfast \$2.25							
<i>Menu Subject to change</i>	19	20 	21 Cereal Yogurt Applesauce Orange Juice	22 Cinnamon Roll Sausage Pineapple Apple Juice	23 Pancake Wrap Peaches Orange Juice Syrup	24 Bagel Cream Cheese Orange Apple Juice	25
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	26	27 Cereal Yogurt Orange Apple Juice	28 Scramble Egg Sausage Hash Brown Sliced Apple Orange Juice	1 French Toast Sausage Pineapple Apple Juice Syrup	2 Egg Bacon & Cheese Bagel Pineapple Orange Juice	3 Chocolate Muffin Yogurt Peaches Apple Juice	4
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*Available online to make payments or check account balances: myschoolbucks.com
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