

\*Healthy tip of the Month:

**Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

## Oasis Campus & Oasis North Elementary-Breakfast Menu– January 2024

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  
6:40am-7:00am

Start your day with  
a healthy breakfast.

**Breakfast  
\$2.25**

*Menu Subject to  
change*



Mon	Tue	Wed	Thu	Fri	Sat
1 					6
7 Professional Duty Day	8 Muffin Yogurt Peaches Orange Juice	9 Pancake Wrap Pineapple Apple Juice Syrup	10 Bagel Orange Apple Juice Cream Cheese	11 Pancake Sausage Peaches Apple Juice Syrup	12
13	14 Cereal Yogurt Sliced Apple Grape Juice 	15 Cinni Mini Yogurt Applesauce Apple Juice	16 Egg, Bacon Cheese Pizza Pineapple Apple Juice	17 Biscuit Sausage Sandwich Peaches Orange Juice	18
19	20 Chocolate Muffin Yogurt Peaches Apple Juice	21 Scramble Egg Hashbrown Sausage Peaches Orange Juice	22 French Toast Sausage Pineapple Apple Juice Syrup	23 Bagel Orange Apple Juice Cream Cheese	24
25	26 Banana Sliced Bread Cheese Stick Applesauce Apple Juice	27 Cereal Yogurt Peaches Orange Juice	28 Ham, Egg & Cheese English Muffin Sand. Pineapple Orange Juice	29 Muffin Yogurt Peaches Orange Juice	30
31	1 French Toast Sausage Pineapple Apple Juice Syrup	2	3	4	5

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