

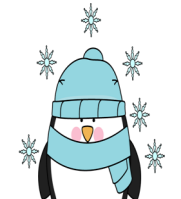


\*Healthy tip of the Month:

**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 Elementary North - Breakfast Menu – January 2023

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

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