

*Healthy tip of the Month:

Does your child get enough sleep? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being overweight. Sleep shortfalls may increase hunger hormones -- so kids eat more. Also, kids are less likely to get exercise (and burn off calories) when they're tired.

Oasis Campus & Oasis Elementary North -Breakfast Menu– November 2024

	Mon	Tue	Wed	Thu	Fri	Sat	
Additional Purchase Milk .75					1	2	
Breakfast is served Monday-Friday						Waffle Sausage Pineapple Apple Juice	
ONE 7:45am-8:15am							
OES 8:00am-8:30am	3	4	5	6	7	8	
Middle School 7:10am-7:35am	F	Muffin Yogurt Peaches Apple Juice	Cinn. Raisin Bagel Applesauce Apple Juice Cream Cheese	Egg, Sausage & Cheese English Muffin Sand. Pineapple Orange Juice	Egg, Bacon & Cheese Bagel Sliced Apple Apple Juice	Cereal Yogurt Peaches Apple Juice	9
High School 6:40am-7:00am	10	11	12	13	14	15	
Start your day with a healthy breakfast.	E	Cereal Yogurt Applesauce Raspberry Juice	French Toast Sausage Pineapple Apple Juice Syrup	Bagel Orange Apple Juice Cream Cheese	Scramble Egg Hashbrown Sausage Peaches Orange Juice	Chocolate Muffin Yogurt Peaches Apple Juice	16
Breakfast \$2.25	17	18	19	20	21	22	
<i>Menu Subject to change</i>	L	Banana Sliced Bread Cheese Stick Applesauce Apple Juice	Cereal Yogurt Peaches Raspberry Juice	Ham, Egg & Cheese English Muffin Sand. Pineapple Orange Juice	Muffin Yogurt Peaches Raspberry Juice	French Toast Sausage Pineapple Apple Juice Syrup	23
	24						30



*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.