

***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 chose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.



Oasis Campus & Oasis North Elementary-Breakfast Menu- May 2026

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75				29	30	1	2
Breakfast is served Monday-Friday	O			Waffles Sausage Melons Juice	Cinnamon Raisin Bagel/Cream Cheese Banana Juice	Cereal Yogurt Apple Juice	
ONE 7:45am-8:15am	3						
OES 8:00am-8:30am	M	4 Chocolate Muffin Yogurt Oranges Juice	5 Cheese Omelette Hash Brown Sausage Apple Juice	6 Banana Bread Yogurt Pineapple Juice	7 Egg, Bacon & Cheese Bagel Yogurt Banana Juice	8 Cereal Cheese Stick Oranges Juice	9
Middle School 7:10am-7:35am							
High School 6:30am-7:00am	10						
Start your day with a healthy breakfast.	L/K	11 Muffin Yogurt Apples Juice	12 Ham, Egg, Cheese Muffin Sandwich Apple Juice	13 Mini Cini Yogurt Banana Juice	14 Scrambled Eggs Hashbrown Sausage Melons Juice	15 Cereal Yogurt Grapes Juice	16
Breakfast \$1.25							
<i>Menu Subject to change</i>	17						
	K/J	18 Bagel & Cream Cheese Cheese Stick Orange Slices Juice	19 Egg, Bacon & Cheese Bagel Yogurt Banana Juice	20 Chocolate Muffin Yogurt Orange Slices Juice	21 French Toast Sausage Pineapple Juice Syrup	22 Cereal Yogurt Apple Juice	23
	24						
	G	25 	26 Muffin Yogurt Apples Juice	27 Sausage Biscuit Cheese Stick Melons Juice	28 Mini Cinni Yogurt Orange slices Juice	29 Cereal Yogurt Apples Juice	30

