

*Healthy tip of the Month:

Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy. It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kid's attention span, concentration, and memory, which they need to learn in school.



Oasis Charter Schools- Breakfast Menu – August 2025

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
6:30am-7:00am

Start your day with
a healthy breakfast.

**Breakfast
\$2.25**

*Menu Subject to
change*



Mon	Tue	Wed	Thu	Fri	Sat
				1	2
				8	9
				15	16
				Bagel	
				Apple	
				Apple Juice	
				Cream Cheese	
				22	23
				Cinnamon Raisin	
				Bagel	
				Sliced Apple	
				Apple Juice	
				Cream Cheese	
				29	30
				Chocolate Muffin	
				Yogurt	
				Pineapple	
				Apple Juice	

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

Healthy tip of the month

Families everywhere are bracing for a return to school, work and hectic schedules. The sudden change to fall activity however can quickly sap energy levels leaving both parents and kids tired, stressed and even prone to illness. Plan ahead with the hints below to ease the transition; you can ward off fatigue and anxiety, and keep your family in good health. 1. Get to bed earlier. 2. Eat well. 3. Give your immune system a boost. 4. Wash your hands. 5. Get to know the school nurse. 6. Take a breather.

OEN & OES - LUNCH MENU - AUGUST 2025

Milk is served with every lunch.

Breads/Buns are whole grain rich.

Lunch \$3.50

Salad Combo & Sub Combo \$3.50

Subs and Salads will not be made for Pizza days.

Menu Subject to Change



	Mon	Tue	Wed	Thu	Fri	Sat
				1	1	2
					8	9
10	M	11	12	13	14	15
	Turkey Sub	Boneless Chicken	Cheeseburger	Chicken Alfredo	Breaded Chicken	Cheese Pizza
	Chef Salad	Wings	Green Beans	Hot Carrots	Sandwich	Cucumber
		Baked Beans	Let/Tomatoes	Salad	Potato Cubes	Salad
		Mashed Potatoes	French Fries	Banana	White Beans	Sidekick
		Fresh Oranges	Apple		Oranges	
17	B	18	19	20	21	22
	Ham Sub	Stromboli Meat Lover	Taco	Boneless Wings	Chicken alfredo	Cheese Pizza
	Crispy Chicken	Hot Apples	Black Beans	Spiral Potatoes	Broccoli	Fresh Carrots
	Salad	Fresh Carrots	Lettuce	Green Beans	Salad	Salad
		Potato Cubes	Tomatoes	Fresh Carrots	Banana	Sidekick
		Apple	Oranges	Apple		
24	P	25	26	27	28	29
	Italian Sub	Penne Pasta with	Chicken Tenders	Cheeseburger	Veggie Fried Rice	Cheese Pizza
	Turkey Salad	Meatballs	Spiral Potato	Salad	Chicken chunks	Cucumbers
		Hot Carrots	White Beans	Broccoli	Egg Roll	Salad
		Salad	Cucumbers	Potato Cubes	Hot Carrots	Sidekick
		Apple	Oranges	Hot Apples	Cucumber	
					Apple	