

***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 Campus & Oasis North Elementary- Breakfast Menu – August 2026

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
\$1.25**

*Menu Subject to
change*



Mon	Tue	Wed	Thu	Fri	Sat
— WELCOME — BACK TO SCHOOL					
10	11 Cereal Yogurt Apple Juice	12 Apple Strudel Yogurt Grapes Juice	13 Bagel Cream Cheese Yogurt Orange slices Juice	14 Muffin Yogurt Apples Juice	15
16	17 Min Cinni Yogurt Orange slices Juice	18 Sausage Biscuit Apples Juice	19 Muffin Yogurt Melons Juice	20 Pancake Wrap Orange slices Juice Syrup	21 Cereal Yogurt Apples Juice
23	24 Cinnamon Roll Yogurt Apples Juice	25 French Toast Sausage Orange slices Juice	26 Cereal Yogurt Orange slices Juice	27 Scramble egg, sausage Hashbrown Apples Juice	28 Chocolate Muffin Yogurt Grapes Juice
30	31 Waffles Sausage Melons Juice	1 Cheese Omelette Sausage Hash Brown Apples Juice	2 Egg, Sausage, Cheese Wrap Orange slices Juice	3 Cinnamon Raisin Bagel Cream Cheese Yogurt Banana Juice	4 Cereal Yogurt Apples Juice
					5

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Healthy tip of the month

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association

OEN & OES - LUNCH MENU - AUGUST 2026

Milk is served with every lunch.

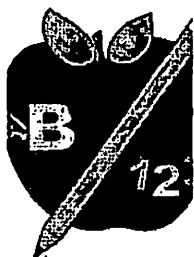
Breads/Buns are whole grain rich.

Lunch \$2.50

Salad Combo & Sub Combo \$2.50

Subs and Salads will not be made for Pizza days.

Menu Subject to Change



Mon Tue Wed Thu Fri Sat

— WELCOME — BACK TO SCHOOL

9	M Ham Sub Chef Salad	10 Last Day of Break	11 Boneless chicken WG Roll Mashed Potatoes Baked Beans Orange Slices	12 Cheeseburger French Fries Green Beans Lettuce/tomato Apples	13 Chicken Alfredo WG Roll Hot Carrots Romaine Salad Banana	14 Nachos Doritos Black Beans Nacho Cheese/salsa Lettuce/tomato Oranges	15
16	S Crispy Chicken Wrap Chef Salad	17 Chicken Tenders WG Roll Mac & Cheese Edamame Beans Romaine Salad Orange Slices	18 French Toast Sausage Potato Cubes Banana Fresh Carrots Cucumbers/ Juice	19 Stromboli Meal Lover Hot Carrots Romaine Salad Cucumbers Orange Slices	20 Chicken Alfredo WG Roll Broccoli Romaine Salad Apples	21 Hot Dogs French Fries Green Beans Banana Cucumbers	22
23	I Italian sub Chicken Salad	24 Boneless Chicken Wings Mac & cheese White Beans Romaine Salad Banana/ Fresh carrots	25 BBQ Pulled Chicken WG Roll Green Beans Potato Cubes Carrots/Cucumbers Orange Slices	26 Corn Dog Spiral Potato Corn Fresh Carrots Apples	27 Pasta w/ Meat sauce WG Roll Hot Carrots Romaine Salad Apples Cucumbers	28 Cheese Pizza Cucumbers Romaine Salad Sidekick Fresh Carrots	29
30	F Ham Sub Crispy Chicken Salad	31 Nachos Doritos Black Beans Nacho cheese/ Salsa Lettuce/ tomato Orange Slices	1 Hot dog Potato Cubes Green Beans Fresh Carrots Banana	2 Crispy Chicken Sand- wich Spiral Potato Hot Carrots Romaine Salad Apple	3 Chicken Alfredo Broccoli Romaine Salad Apples Fresh Carrots	4 Cheese Pizza Fresh Carrots Salad Cucumbers Sidekicks	

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