

*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 2025

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75		27	28	29	30	31	1
Breakfast is served Monday-Friday	H	Cereal Yogurt Orange Apple Juice	Egg, Bacon and Cheese Bagel Yogurt Banana Orange Juice	Chocolate Muffin Yogurt Oranges Orange Juice	Cheese Omelette Hash Brown Sausage Apples Apple Juice	Waffle Sausage Pineapple Apple Juice	
ONE 7:45am-8:15am	2						
OES 8:00am-8:30am	F	3	4	5	6	7	8
Middle School 7:10am-7:35am		WG Blueberry Muffin Yogurt Banana Apple Juice	Cinn. Raisin Bagel Pineapple Apple Juice Cream Cheese	Egg, Sausage & Cheese English Muffin Sand. Orange Slices Orange Juice	Egg, Bacon & Cheese Bagel Yogurt Grapes Apple /Cherry Juice	Cereal Yogurt Fresh apples Apple Juice	
High School 6:30am-7:00am	9						
Start your day with a healthy breakfast.	E	10		12	13	14	15
Breakfast \$1.25		Cereal Yogurt Banana Raspberry Juice		Bagel Orange slices Apple Juice Cream Cheese	Scramble Egg Hashbrown Sausage Apples Orange Juice	Chocolate Muffin Yogurt Grapes Apple Juice	
Menu Subject to change	16						
	L	17	18	19	20	21	22
		Pumpkin Sliced Bread Cheese Stick Orange slices Apple Juice	Cereal Yogurt Banana Raspberry Juice	Ham, Egg & Cheese English Muffin Sand. Pineapple Apple Juice	Blueberry Muffin Yogurt Banana Raspberry Juice	Cheese Omelette Sausage Orange slices Apple Juice	
	23						
		2					30
							

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Healthy tip of the month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news is people who are at risk for type 2 diabetes, can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

OEN & OES - LUNCH MENU - NOVEMBER 2025

Milk is served with every lunch.

Breads/Buns are whole grain rich.

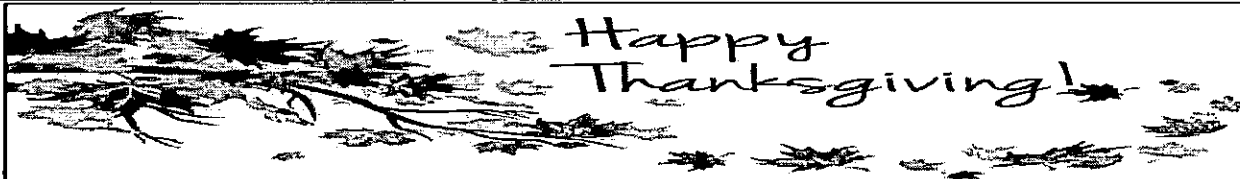
Lunch \$2.50

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
I Ham Sub Chicken Salad	27 Corn Dog French Fries Green Beans Fresh Carrots Apples	28 Boneless Chicken Sweet Potato Fries Bananas Romaine Salad Fresh Carrots	29 Cheeseburger Spiral Potatoes Fresh Veggie Mix Lettuce/Tomato Apples	30 Pasta w/Meat sauce Hot Carrots Romaine Salad Cucumbers Apples	31 Cheese Pizza Cucumber Romaine Salad Sidekick	1
2 L Italian Sub Turkey Salad	3 Chicken Tenders Mash Potatoes Green Beans Romaine Salad Orange Slices	4 Cheeseburger Spiral Potatoes Veggie Mix Apples Romaine Salad	5 Stromboli Meat Lover Salad Hot Carrots Romaine Salad Cucumbers Apple	6 French Toast Sausage Potato Cubes Cucumbers Fresh Carrots Banana	7 Cheese Pizza Cucumbers Romaine Salad Sidekick	8
9 O Turkey Sub Chef Salad	10 Hot Dog Mac & Cheese Veggie Mix Cucumbers Pineapple		12 Meatball Parm Sub Green Beans Tater Tots Fresh Carrots Orange slices	13 Chicken Alfredo Broccoli Romaine Salad Apples	14 Cheese Pizza Fresh Carrots Romaine Salad Sidekick	15
16 H/U Ham Sub Chicken Salad	17 Nachos w/ Doritos Black Beans Lettuce/Tomatoes Salasa and Cheese Clementine Cuties	18 Cheeseburger Broccoli Lettuce Tomatoes Potato Wedges Orange	19 BBQ Pulled chicken Potato Cubes Mixed Veggies Orange slices WG Roll	20 Roasted Turkey Mashed Potatoes Gravy / Roll Fresh Carrots Corn / Apple	21 Cheese Pizza Fresh Carrots Romaine Salad Sidekick	22
23						29

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