

*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



Oasis Campus & Oasis Elem. North - Breakfast Menu – October 2020

			Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	A					1 Cereal Yogurt Orange Apple Juice	2 Blueberry or Banana Bread Cheese Stick Peaches Apple Juice	3
Breakfast is served Monday-Friday								
ONE 7:45am-8:15am	4	K	5 Cereal Yogurt Orange Apple Juice	6 French Toast Sausage /Syrup Pineapple Apple Juice	7 Ham & Cheese Pocket Sliced apple Orange Juice	8 Chocolate Muffin Yogurt Peaches Apple Juice	9 Turkey Sausage & Cheese Wrap Orange Apple Juice	10
OES 8:00am-8:15am								
Middle School 7:10am-7:35am	11	D	12 Muffin Yogurt Applesauce Apple Juice	13 Frittata Hash brown Pineapple Apple Juice	14 Blueberry Bagel Sliced apple Cream Cheese Apple Juice	15 Cereal Yogurt Orange Grape Juice	16 Biscuit w/ Sausage Peaches Orange Juice	17
High School 6:40am-7:00am								
Start your day with a healthy breakfast.	18	G	19 Cinni Mini Yogurt Pineapple Orange Juice	20 Pancake wrap Syrup Pineapple Apple Juice	21 Muffin Yogurt Peaches Apple Juice	22 Cereal Yogurt Peaches Apple Juice	23 Turkey & Cheese Croissant Slice apple Orange Juice	24
Breakfast \$2.25								
	25	B	26 Cereal Yogurt Sliced Apple Grape Juice	27 Cinnamon Bun Sausage Pineapple Apple Juice	28 Bagel Cream Cheese Peaches Orange Juice	29 Sausage, Egg Burrito Pineapple Apple Juice	30 Muffin Yogurt Peaches Apple Juice	31



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