


\*Healthy tip of the Month:

**Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.



## Oasis Campus & Oasis Elem. North - Breakfast Menu – January 2021

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

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

**This institution is an equal opportunity provider.**

**Menus are subject to change due to availability**