

**\*Healthy tip of the Month:**

People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



## Oasis Campus & Oasis North Elementary- Breakfast Menu – December 2021

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75				1 Scramble Egg Sausage Hash Brown Sliced Apple Orange Juice	2 Cereal Yogurt Orange Apple Juice	3 French Toast Sausage Pineapple Apple Juice Syrup	4
Breakfast is served Monday-Friday	K						
ONE 7:45am-8:15am	5	6 Cereal Yogurt Peaches Apple Juice	7 English Muffin Egg, Cheese Sausage Sandwich Pineapple Orange Juice	8 Mini Cinnamon Bagel Applesauce Apple Juice	9 Ham & Cheese Pocket Sliced Apple Apple juice	10 Muffin Yogurt Peaches Apple Juice	11
OES 8:00am-8:30am	F						
Middle School 7:10am-7:35am	12	13 Bagel & Cream Cheese Orange Apple Juice	14 French Toast Sausage Pineapple Apple Juice Syrup	15 Scramble Egg Sausage Hash Brown Peaches Orange Juice	16 Chocolate Muffin Yogurt Peaches Apple Juice	17 Cereal Yogurt Applesauce Orange Juice	18
High School 6:35am-7:00am	E						
Start your day with a healthy breakfast.	19	20					25
Breakfast \$2.25							
	26	27					1

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