



***Healthy tip of the Month:**

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time

Oasis Campus & Oasis North Elementary-Breakfast Menu– March 2024

		Mon	Tue	Wed	Thu	Fri	Sat
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 6:40am-7:00am Start your day with a healthy breakfast. Breakfast \$2.25 <i>Menu Subject to change</i>						1	2
	F						Egg, Bacon & Cheese Bagel Sliced Apple Apple Juice
	3	4	5	6	7	8	9
	G	Cereal Yogurt Peaches Apple Juice	Pancake Wrap Pineapple Apple Juice Syrup	Cinni Mini Yogurt Pineapple Orange Juice	Biscuit Sausage Sandwich Sliced Apple Orange Juice	Muffin Yogurt Peaches Apple Juice	
	10	11	12	13	14	15	16
	L	Banana Sliced Bread Cheese Stick Applesauce Apple Juice	French Toast Sausage Pineapple Apple Juice Syrup	Ham, Egg & Cheese English Muffin Sand. Pineapple Orange Juice	Cereal Yogurt Peaches Orange Juice	Professional Duty Day	
	17						23
	24/31	25	26	27	28	29	30
	E	Cereal Yogurt Applesauce Orange Juice	French Toast Sausage Pineapple Apple juice Syrup	Chocolate Muffin Yogurt Peaches Apple Juice	Scramble Egg Sausage Hash Brown Peaches Orange Juice	GOOD Friday	



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