




*Healthy tip of the Month:

Here are a few tips to reduce stress and have a fantastic school year. Get enough sleep. Eat a healthy breakfast. Try your best. Use good work habits, like writing down your assignments and turning in your homework on time. Take your time with school work. If you don't understand something, ask someone. Keep a sense of humor.



Oasis Campus & Oasis North Elementary- Breakfast Menu – September 2022

| | | Mon | Tue | Wed | Thu | Fri | Sat | |
|---|----|---|--|---|--|--|--|----|
| <div>Additional Purchase Milk .75</div> <div>Breakfast is served Monday-Friday</div> <div>ONE 7:45am-8:15am</div> <div>OES 8:00am-8:30am</div> <div>Middle School 7:10am-7:35am</div> <div>High School 6:40am-7:00am</div> <div>Start your day with a healthy breakfast.</div> <div>Breakfast \$2.25</div> <div>Menu Subject to change</div> <div></div> | | <div></div> | | | 1 Bagel Cream Cheese Orange Apple Juice | 2 Chocolate Muffin Yogurt Peaches Orange Juice | 3 | |
| | 4 | 5 | 6 Cereal Yogurt Orange Apple Juice | 7 Pancake Wrap Pineapple Apple Juice Syrup | 8 Muffin Yogurt Peaches Orange Juice | 9 Bagel Orange Apple Juice Cream Cheese | 10 | |
| | | A | <div></div> | | | | | |
| | 11 | K | 12 Chocolate Muffin Yogurt Peaches Apple Juice | 13 Scramble Egg Sausage Hash Brown Sliced Apple Orange Juice | 14 Cereal Yogurt Orange Apple Juice | 15 French Toast Sausage Pineapple Apple Juice Syrup | 16 Egg Bacon & Cheese Bagel Pineapple Orange Juice | 17 |
| | 18 | G | 19 Cereal Yogurt Peaches Apple Juice | 20 Biscuit Sausage Sandwich Sliced Apple Orange Juice | 21 Muffin Yogurt Peaches Apple Juice | 22 Pancake Wrap Pineapple Apple Juice Syrup | 23 Cinni Mini Yogurt Pineapple Orange Juice | 24 |
| 25 | I | 26 Cereal Yogurt Sliced apple Orange Juice | 27 French Toast Sausage Pineapple Apple Juice Syrup | 28 Cinni Mini Yogurt Sliced Apple Orange Juice | 29 Waffle Sausage Peaches Apple Juice Syrup | 30 Muffin Yogurt Peaches Apple Juice | 1 | |
| Rosh Hashanah | | | | | | | | |

*Available online to make payments or check account balances: myschoolbucks.com
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