

*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 Elementary North - Breakfast Menu – December 2022

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	J				1 Chocolate Muffin Yogurt Peaches Apple Juice	2 Omelette & Hashbrown Pineapple Orange Juice	3
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	4	5 Muffin Yogurt Peaches Apple Juice	6 Pancake Wrap Pineapple Apple Juice Syrup	7 Biscuit Sausage Sandwich Sliced Apple Orange Juice	8 Cinni Mini Yogurt Pineapple Orange Juice	9 Cereal Yogurt Peaches Apple Juice	10
OES 8:00am-8:30am	G						
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	11	12 Egg Bacon & Cheese Bagel Sliced Apple Apple Juice	13 English Muffin Sand. Sausage, Egg, Cheese Pineapple Orange Juice	14 Cereal Yogurt Peaches Apple Juice	15 Muffin Yogurt Peaches Apple Juice	16 Cinn. Raisin Bagel Applesauce Cream Cheese Apple Juice	17
Start your day with a healthy breakfast.	F						
Breakfast \$2.25	18	19 Cereal Yogurt Orange Apple Juice	20 Bagel Orange Apple Juice Cream Cheese	21 Muffin Yogurt Peaches Orange Juice			24
<i>Menu Subject to change</i>	A						
	25						31

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