*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 North Elementary- Breakfast Menu – January 2022

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
6:35am-7:00am

Start your day with a healthy breakfast.

Breakfast $2.25

Menu Subject to Change

		Mon	Tue	Wed	Thu	Fri	Sat
							1
2	F	3 Cereal Yogurt Peaches Apple Juice	4 Cinnamon Bagel W/ Cheese Applesauce Apple Juice	5 Ham & Cheese Pocket Sliced Apple Apple Juice	6 English Muffin Sand. W/ Sausage, Egg, & Cheese Pineapple Orange Juice	7 Muffin Yogurt Peaches Apple Juice	8
9	D	10 **Hurricane Make-Up Day**	11 **Professional Duty Day**	12 Cereal Yogurt Orange Grape Juice	13 Chocolate Muffin Yogurt Applesauce Apple Juice	14 Frittata Hash Brown Pineapple Apple Juice	15
16	I	17 MLK DAY	18 Cinni Minis Yogurt Sliced Apple Orange Juice	19 French Toast Sausage Pine apple Apple Juice Syrup	20 Cereal Yogurt Sliced apple Orange Juice	21 Mini Waffle Sausage Peaches Apple Juice Syrup	22
23	L	24 Blueberry or Banana Bread Cheese Stick Applesauce Apple Juice	25 Mini Cinn. Bagel w/ Cream Cheese Filling Sliced Apple Apple Juice	26 English Muffin Ham, Egg, Cheese Sandwich Pineapple Orange Juice	27 Muffin Yogurt Peaches Orange Juice	28 Cereal Yogurt Peaches Orange Juice	29
30	A	31 Muffin Yogurt Peaches Orange Juice	1 Pancake Wrap Pineapple Apple Juice Syrup	2 Cereal Yogurt Orange Apple Juice	3 Mini Pancakes Sausage Peaches Apple Juice Syrup	4 Bagel Orange Apple juice Cream Cheese	5

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