




\*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 2021

		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 6:35am-7:00am  Start your day with a healthy breakfast.  <b>Breakfast</b> <b>\$2.25</b>  	K			1 Scramble Egg Hash brown Sausage Sliced Apple Orange Juice	2 Chocolate Muffin Yogurt Peaches Apple Juice	3 Ham & Cheese Pocket Pineapple Orange Juice	4
	5	6 	7 Cereal Yogurt Applesauce Apple Juice	8 Pancake Wrap Peaches Orange Juice Syrup	9 Cinni Mini Yogurt Orange Apple Juice	10 French Toast Sausage Peaches Apple Juice Syrup	11
	12	13 Cereal Yogurt Applesauce Orange Juice	14 Bagel Cream Cheese Orange Apple Juice	15 Cinnamon Bun Sausage Pineapple Apple Juice	16 	17 Chocolate Muffin Yogurt Peaches Orange Juice	18
	19	20 Cinnamon Bagel W/ Cheese Applesauce Apple Juice	21 Ham & Cheese Pocket Sliced Apple Apple Juice	22 Cereal Yogurt Peaches Apple Juice	23 English Muffin Sand. W/ Sausage, Egg, & Cheese Pineapple Orange Juice	24 Muffin Yogurt Peaches Apple Juice	25
	26	27 Cereal Yogurt Sliced apple Orange Juice	28 Mini Waffle Sausage Peaches Apple Juice Syrup	29 Muffin Yogurt Peaches Apple Juice	30 French Toast Sausage Pine apple Apple Juice Syrup	1 Cinni Mini Yogurt Sliced Apple Orange Juice	2

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