




**\*Healthy tip of the Month:**

Start the day with a healthy breakfast. It refuels your body and gives you energy for the day. Let kids help plan one meal each week and eat together as often as possible. Eat slowly. It takes 20 minutes for your brain to register that you are full. Eat more vegetables and fresh fruits. Eat more whole grains (e.g., oats, brown rice, rye, crackers, whole-wheat pasta). Drink plenty of fluids. Choose water, low-fat or nonfat milk and low calorie or diet beverages. Serve a variety of foods.

## Oasis Campus & Oasis North Elementary- Breakfast Menu – February 2022

		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 \$2.25</b>	A		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
	6		7 Cereal Yogurt Applesauce Orange Juice	8 French Toast Sausage Pineapple Apple juice Syrup	9 Bagel Orange Apple Juice Cream Cheese	10 Scramble Egg Sausage Hash Brown Peaches Orange Juice	11 Chocolate Muffin Yogurt Peaches Apple Juice
	13	B	14 Cereal Yogurt Sliced Apple Orange Juice	15 Cinnamon Bun Sausage Pineapple Apple Juice	16 Muffin Yogurt Peaches Apple Juice	17 Bagel Peaches Orange Juice Cream Cheese	18 <b>Hurricane Make-Up Day</b>
	20	G	21 	22 Cereal Yogurt Peaches Apple Juice	23 Pancake Wrap Pineapple Apple Juice Syrup	24 Biscuit Sausage Sandwich Sliced Apple Orange Juice	25 Muffin Yogurt Peaches Apple Juice
	27	H	28 Chocolate Muffin Yogurt Peaches Orange Juice	1 Bagel Cream Cheese Orange Apple Juice	2 Cinnamon Bun Sausage Pineapple Apple Juice	3 Pancake Wrap Peaches Orange Juice Syrup	4 Cereal Yogurt Applesauce Orange Juice
							5

*Menu Subject to Change*

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