

\*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 2024

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	L				1 Muffin Yogurt Peaches Orange Juice	2 French Toast Sausage Pineapple Apple Juice Syrup	3
					8 French Toast Sausage Pineapple Apple Juice Syrup	9 Chocolate Muffin Yogurt Peaches Apple Juice	10
					15 Cereal Yogurt Applesauce Apple Juice	16 Hurricane Make Up Day	17
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	4	5 Cereal Yogurt Orange Apple Juice	6 Scramble Egg Hash Brown Sausage Slice Apple Orange Juice	7 Egg Bacon Cheese Bagel Pineapple Orange Juice			
OES 8:00am-8:30am	K						
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	11	12 Cinni Mini Yogurt Orange Apple Juice	13 Pancake Wrap Peaches Apple Juice Syrup	14 Ham & Cheese English Muffin Sand. Orange Apple juice			
Start your day with a healthy breakfast.	C						
<b>Breakfast \$2.25</b>	18	19	20 Chocolate Muffin Yogurt Peaches Apple Juice	21 French Toast Sausage Pineapple Apple Juice Syrup	22 Omelette Hash brown Pineapple Orange Juice	23 Cereal Yogurt Orange Apple Juice	24
<i>Menu Subject to change</i>	J						
	25	26 Muffin Yogurt Peaches Apple Juice	27 Cereal Yogurt Peaches Apple Juice	28 Cinn. Raisin Bagel Applesauce Apple Juice Cream Cheese	29 Egg, Sausage & Cheese English Muffin Sand. Pineapple Orange Juice	1 Egg, Bacon & Cheese Bagel Sliced Apple Apple Juice	2
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