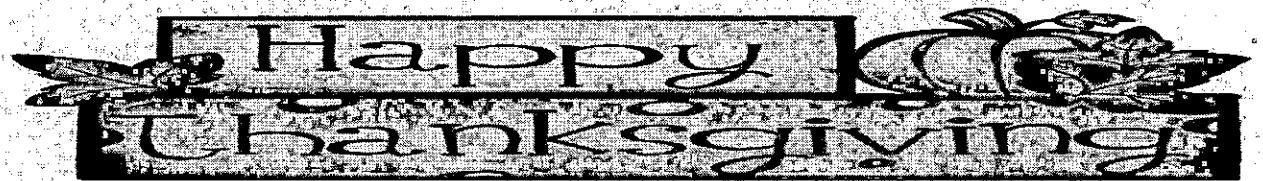


*Healthy tip of the Month:

Does your child get enough sleep? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being overweight. Sleep shortfalls may increase hunger hormones -- so kids eat more. Also, kids are less likely to get exercise (and burn off calories) when they're tired.

Oasis Campus & Oasis Elementary North -Breakfast Menu– November 2025

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75		27	28	29	30	31	1
Breakfast is served Monday-Friday	H	Cereal Yogurt Orange Apple Juice	Egg, Bacon and Cheese Bagel Yogurt Banana Orange Juice	Chocolate Muffin Yogurt Oranges Orange Juice	Cheese Omelette Hash Brown Sausage Apples Apple Juice	Waffle Sausage Pineapple Apple Juice	
ONE 7:45am-8:15am	2						
OES 8:00am-8:30am	F	3	4	5	6	7	8
Middle School 7:10am-7:35am		WG Blueberry Muffin Yogurt Banana Apple Juice	Cinn. Raisin Bagel Pineapple Apple Juice Cream Cheese	Egg, Sausage & Cheese English Muffin Sand. Orange Slices Orange Juice	Egg, Bacon & Cheese Bagel Yogurt Grapes Apple /Cherry Juice	Cereal Yogurt Fresh apples Apple Juice	
High School 6:30am-7:00am	9						
Start your day with a healthy breakfast.	E	10	 Cereal Yogurt Banana Raspberry Juice	12	13	14	15
Breakfast \$1.25				Bagel Orange slices Apple Juice Cream Cheese	Scramble Egg Hashbrown Sausage Apples Orange Juice	Chocolate Muffin Yogurt Grapes Apple Juice	
Menu Subject to change	16						
	L	17	18	19	20	21	22
		Pumpkin Sliced Bread Cheese Stick Orange slices Apple Juice	Cereal Yogurt Banana Raspberry Juice	Ham, Egg & Cheese English Muffin Sand. Pineapple Apple Juice	Blueberry Muffin Yogurt Banana Raspberry Juice	Cheese Omelette Sausage Orange slices Apple Juice	
	23						
							30

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***Healthy tip of the month -**

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news is people who are at risk for type 2 diabetes, can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

Oasis High School - Lunch Menu – November 2025

Milk and Juice are served with every lunch.

Lunch \$2.75

Salad Combo & Sub Combo \$2.75

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

Menu subject to change.



	Mon	Tue	Wed	Thu	Fri	Sat
	27	28	29	30	31	1
I Ham Sub Crispy Chicken Salad	Corn Dog French Fries Green Beans Fresh Carrots Apples & Apple juice	Chicken Wings Sweet Potato Fries Banana Romaine Salad Fresh Carrots	Cheeseburger Spiral Potatoes Fresh Veggie Mix Let/Tom Apples & Apple Juice	Pasta w/ Meatsauce Hot Carrots Romaine Salad Cucumbers WG Roll Apples	Pepperoni Pizza Cheese Stick Fresh Carrots Romaine Salad Sidekick Cucumbers	
2	3	4	5	6	7	8
L Italian Sub Turkey Salad	Chicken Tenders Mashed Potato Green Beans Fresh Carrots Apple Romaine Salad WG Roll	Cheeseburger Potato Cubes Veggie Blend Romaine Salad Orange Slice	French Toast Sausage Hash Brown Fresh Carrots Cucumbers Banana Apple Juice	Meat Lover Stromboli Hot Carrots Apples Cucumbers Romaine Salad Apple Juice	Pepperoni Pizza Cheese Stick Cucumbers Romaine Salad Sidekick	
9	10			12	13	14
O Turkey Sub Chef Salad	Hot Dog Mac & Cheese Veggie Mix Romaine Salad Pineapple Cucumbers			Meatball Parm Sub Green Beans Tater Tots Fresh Carrots Orange Slices	Chicken Alfredo Broccoli Fresh Carrots Romaine Salad Apple	Pepperoni Pizza Yogurt Cucumber Romaine Salad Sidekick
16	17	18	19	20	21	22
H/U Ham Sub Chicken Salad	Nachos Organic Black Beans Lettuce /Tomatoes Nacho Cheeze Clementine Cuties	Cheeseburger Potato Wedge Broccoli Let/ Tomato Banana Fresh Carrots	BBQ Pulled Chicken Potato Cubes WG Cheeze it Mixed Veggie Orange Slices WG Roll	Roasted Turkey Mashed Potatoes Gravy / WG Roll Fresh Carrots Corn Apple	Pepperoni Pizza Cheese Stick Cucumbers Romaine Salad Fresh Carrots Sidekick	
23						29



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