



*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 Elementary North -Breakfast Menu– February 2025

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

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