




*Healthy tip of the Month:

Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options they can have - encouraging your family to choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.

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

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75 Breakfast is served Monday-Friday OEN 7:45am-8:15am OES 8:00am-8:30am Middle School 7:10am-7:35am High School 6:40am-7:00am Start your day with a healthy breakfast. Breakfast \$2.25 <i>Menu Subject to change</i>	C				1 French Toast Sausage Peaches Apple Juice Syrup	2 English Muffin Ham & Cheese Sand. Orange Apple juice	3
	4 K/F	5 Cereal Yogurt Orange Apple Juice	6 Scramble Egg Hash Brown Sausage Slice Apple Orange Juice	7 Egg, Sausage & Cheese English Muffin Sand. Pineapple Orange Juice	8 Egg Bacon Cheese Bagel Pineapple Orange Juice	9 Chocolate Muffin Yogurt Peaches Apple Juice	10
	11 J	12 French Toast Sausage Pineapple Apple Juice Syrup	13 Omelette Sausage Hash brown Pineapple Orange Juice	14 Chocolate Muffin Yogurt Peaches Apple Juice	15 Cereal Yogurt Orange Apple Juice	16 Egg, Bacon Cheese Pizza Applesauce Orange Juice	17
	18 I	19 Muffin Yogurt Peaches Apple Juice	20 Cereal Yogurt Sliced Apple Raspberry Juice	21 Waffle & Sausage Peaches Apple Juice Syrup	22 Cinni Mini Yogurt Sliced Apple Raspberry Juice	23 French Toast Sausage Pineapple Apple Juice Syrup	24
	25 A	26 	27 Pancake Wrap Pineapple Apple Juice Syrup	28 Pancake Sausage Peaches Apple Juice Syrup	29 Muffin Yogurt Peaches Orange Juice	30 Cereal Yogurt Orange Apple Juice	31

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

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