




*Healthy tip of the Month:

Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy. It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kid's attention span, concentration, and memory, which they need to learn in school.

Oasis Campus & Oasis North Elementary- Breakfast Menu – August 2021

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	1	2	3	4	5	6	7
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	8	9	10	11	12	13	14
OES 8:00am-8:15am	B		Cereal Yogurt Sliced Apple Grape Juice	Cinnamon bun Sausage Pineapple Apple Juice	Cinni Mini Yogurt Applesauce Apple Juice	Muffin Yogurt Peaches Apple Juice	
Middle School 7:10am-7:35am	15	16	17	18	19	20	21
High School 6:40am-7:00am	D	Cinnamon Bagel W/ Cheese Sliced Apple Apple Juice	Frittata Hash Brown Pineapple Apple Juice	Chocolate Muffin Yogurt Applesauce Apple Juice	Biscuit w/ Sausage Sandwich Peaches Orange juice	Cereal Yogurt Orange Grape Juice	
Start your day with a healthy breakfast.	22	23	24	25	26	27	28
Breakfast \$2.25	A	Muffin Yogurt Peaches Orange Juice	Pancake Wrap Pineapple Apple Juice Syrup	Cereal Yogurt Orange Apple Juice	Mini Pancakes Sausage Peaches Apple Juice Syrup	Bagel Orange Apple juice Cream Cheese	
	29	30	31	1	2	3	4
	K	Cereal Yogurt Orange Apple Juice	French Toast Sausage Pineapple Apple Juice Syrup	Scramble Egg Hash brown Sausage Sliced Apple Orange Juice	Chocolate Muffin Yogurt Peaches Apple Juice	Ham & Cheese Pocket Pineapple Orange Juice	

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