


*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 2022

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75		1	2	3	4	5	6
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	7	8	9	10	11	12	13
OES 8:00am-8:30am	B			Cereal Yogurt Sliced Apple Grape Juice	Bagel Cream Cheese Peaches Orange Juice	Muffin Yogurt Peaches Apple Juice	
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	14	15	16	17	18	19	20
Start your day with a healthy breakfast.	F	Cinn. Raisin Bagel Applesauce Cream Cheese Apple Juice	English Muffin Sand. Sausage, Egg, Cheese Pineapple Orange Juice	Muffin Yogurt Peaches Apple Juice	Egg Bacon & Cheese Bagel Sliced Apple Apple Juice	Cereal Yogurt Peaches Apple Juice	
Breakfast \$2.25							
<i>Menu Subject to change</i>	21	22	23	24	25	26	27
	J	Chocolate Muffin Yogurt Peaches Apple Juice	Cinnamon Bun Sausage Applesauce Orange Juice	Cereal Yogurt Orange Apple Juice	Omelette & Hashbrown Pineapple Orange Juice	French Toast Sausage Pineapple Apple Juice Syrup	
	28	29	30	31	1	2	3
	H	Cereal Yogurt Applesauce Orange Juice	Pancake Wrap Peaches Orange Juice Syrup	Cinnamon Bun Sausage Pineapple Apple Juice	Bagel Cream Cheese Orange Apple Juice	Chocolate Muffin Yogurt Peaches Orange Juice	



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