

\*Healthy tip of the Month:

**Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

## Oasis Campus & Oasis Elementary North -Breakfast Menu– January 2025

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

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