

**\*Healthy tip of the Month:**

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time

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

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

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)  
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