

*Healthy tip of the Month:

Eating Better. Tips to a healthy eating: Eat a variety of food, You need more than 40 different nutrients for good health and no single food can supply them all. **Enjoy plenty of fruits and vegetables,** Most of us do not eat enough of these foods either although they provide important protective nutrients. **Eat moderate portions - reduce, don't eliminate foods,** If you keep portion sizes reasonable, it's easier to eat all the foods you enjoy without having to eliminate any. **Eat regularly,** Skipping meals, especially breakfast, can lead to out-of-control hunger. **Get on the move,** As we have seen, too many calories and not enough activity can result in weight gain. Moderately physical activity helps burn off those extra calorie.

Oasis Campus & Oasis Elementary North -Breakfast Menu– April 2026

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	N	30 Sausage Biscuit Fresh Melons Juice	31 Omelette Hashbrown Banana Juice	1 French Toast Sausage Grapes Juice Syrup	2 Egg, Sausage, Cheese Wrap Orange slices Juice	?	4
Breakfast is served Monday-Friday						<i>Good Friday</i>	
OEN 7:45am-8:15am	5	6	7	8	9	10	11
OES 8:00am-8:30am	K	Easter Monday	Omelette Hashbrown Yogurt Orange Juice	Bacon, Egg, Cheese Bagel Grapes Juice	Bagel & Cream Cheese Cheese Stick Orange Slices Juice	Blueberry Muffin Yogurt Apples Juice	
Middle School 7:10am-7:35am							
High School 6:30am-7:00am	12	13	14	15	16	17	18
Start your day with a healthy breakfast.	L	Banana Bread Cheese Stick Orange slices Juice	Scrambled Egg Hash brown Sausage Fresh Melons Juice	Mini Cinni Yogurt Banana Juice	Ham, egg, cheese English Muffin Apples Juice	Cereal Yogurt Pineapple Juice	
Breakfast \$1.25	19	20	21	22	23	24	25
<i>Menu Subject to change</i>	G	Pancake Wrap Orange slices Juice Syrup	Cereal Yogurt Orange Juice	Muffin Yogurt Melons Juice	Mini Cini Yogurt Orange slices Juice	Biscuit sausage Sandwich Apples Juice	
	26	27	28	29	30	1	2
	O	Cheese Omelette Sausage Hash Brown Apple Juice	Egg,Sausage, Cheese Wrap Orange slices Juice	Waffles Sausage Melons Juice	Cinnamon Raisin Bagel Cream Cheese Banana Juice	Cereal Yogurt Apple Juice	



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OEN & OES - LUNCH MENU - APRIL 2026

Milk is served with every lunch.

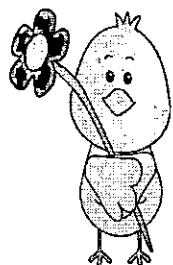
Breads/Buns are whole grain rich.

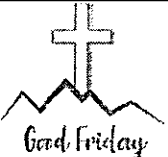

Lunch \$2.50

Salad Combo & Sub Combo \$2.50

Subs and Salads will not be made for Pizza days.

Menu Subject to Change



	Mon	Tue	Wed	Thu	Fri	Sat
	30 X Ham Sub Chef Salad	31 Meatball Sub Green Beans Tater Tots Fresh Carrots Orange slices	1 Boneless Chicken Sweet Potato Fries Romaine Salad Fresh Carrots /Banana Cucumbers WG Roll	2 Pasta w/ meatsauce Hot Carrots Salad Cucumber Apples WG Roll	3 	4
	5 P Turkey Sub Chicken Salad	6 	7 Vegetarian Fried Rice Pop Corn Chicken Hot Carrots Cucumbers Egg Roll Apples	8 Chicken Tenders Green Beans Mashed Potato Cucumbers Orange slices	9 Cheeseburger Broccoli French Fries Romaine Salad Apples	10 Cheese Pizza Cucumbers Romaine Salad Sidekick Fresh Carrots Cucumbers
	12 B Italian Sub Turkey Salad	13 Stromboli Green Beans Potato Cubes Banana Cucumbers	14 Tacos Black Beans Lettuce Tomatoes Orange slices Fresh Carrots	15 Boneless Chicken Mac & Cheese Corn Apple Fresh Carrots WG Roll	16 Chicken Alfredo Broccoli Romaine Salad Orange slices Cucumbers	17 Cheese Pizza Cucumbers Romaine Salad Sidekick Fresh Carrots
	19 V Ham Sub Chef Salad	20 Pulled Chicken WG Roll Baked Beans Potato Cubes Orange slices Cucumbers	21 Cheeseburger Veggie Mix French Fries Orange slices Lettuce/ tomato	22 Meatball Sub Green Beans Tater Tots Orange slices Fresh Carrots	23 Pasta w/ meatsauce Hot Carrots Romaine Salad Apples Cucumbers WG Roll	24 Cheese Pizza Fresh Carrots Salad Sidekick
	26 T Turkey Sub Chicken Salad	27 Corn Dog Green Beans Fresh Carrots Potato Cubes Apple	28 Taco Black Beans Lettuce Tomatoes Banana	29 Boneless Chicken Wings/ WG Roll Mashed Potato Broccoli Orange slices	30 Chicken alfredo Veggie Mix Romaine Salad Apples Fresh Carrots	1 Cheese Pizza Romaine Salad Fresh Carrots Sidekick
						2