

*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 calories.

Oasis Campus & Oasis Elem. North - Breakfast Menu – April 2021

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	I				1 Cereal Yogurt Orange Apple Juice		3
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	4		6 Ham & Cheese Pocket Sliced Apple Orange Juice	7 Cereal Yogurt Orange Apple Juice	8 French Toast Sausage Pineapple Apple Juice Syrup	9 Chocolate Muffin Yogurt Peaches Apple Juice	10
OES 8:00am-8:15am	K						
Middle School 7:10am-7:35am	11	12 Mini Cinni Yogurt Applesauce Orange Juice	13 Frittata Hash Brown Pineapple Orange Juice	14 Chocolate Muffin Yogurt Peaches Apple Juice	15 Cereal Yogurt Orange Apple Juice	16 French Toast Sausage Pineapple Apple Juice Syrup	17
High School 6:40am-7:00am	J						
Start your day with a healthy breakfast.	18	19 Muffin Yogurt Peaches Orange Juice	20 Bagel Cream Cheese Orange Apple Juice	21 Blueberry or Banana Bread Cheese Stick Peaches Apple Juice	22 Pancake Sausage Pineapple Apple Juice Syrup	23 Cereal Yogurt Orange Apple Juice	24
Breakfast \$2.25	A						
	25	26 Cinnamon Bagel Cream Cheese Sliced Apple Apple Juice	27 Muffin Yogurt Applesauce Apple Juice	28 Biscuit W/ Sausage Peaches Orange Juice	29 Cereal Yogurt Orange Grape Juice	30 Frittata Hash Brown Pineapple Apple Juice	1
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*Available online to make payments or check account balances: myschoolbucks.com

This institution is an equal opportunity provider.

Menus are subject to change due to availability