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 Elem. North - Breakfast Menu - April 2021

	Mon	Tue	Wed	Thu	Fri	Sat
1		He	Ilo	1 Cereal Yogurt	Pond	3
	1			Orange Apple Juice	FRIDAY	
4	Easter	6 Ham & Cheese	7 Cereal	8 French Toast	9 Chocolate Muffin	10
K	Worlda	Sliced Apple Orange Juice	Orange Apple Juice	Pineapple Apple Juice	Peaches Apple Juice	
11	12 Mini Cinni	13 Frittoto	14 Chacalata Muffin	15	16 Eropoh Togot	17
J	Yogurt Applesauce	Hash Brown Pineapple	Yogurt Peaches	Yogurt Orange	Sausage Pineapple	
					Syrup	
	Muffin	Bagel	Blueberry or Banana	Pancake	Cereal	24
A	Yogurt Peaches Orange Juice	Cream Cheese Orange Apple Juice	Bread Cheese Stick Peaches Apple Juice	Sausage Pineapple Apple Juice Syrup	Yogurt Orange Apple Juice	
25 D	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
	11 J 18 A	4 K Easter Monday 11 12 Mini Cinni Yogurt Applesauce Orange Juice 18 19 Muffin Yogurt Peaches Orange Juice 25 26 Cinnamon D Bagel Cream Cheese Sliced Apple	K Easter Monday Monday 11 12 Mini Cinni Frittata J Yogurt Hash Brown Applesauce Pineapple Orange Juice 18 19 Muffin Bagel Orange Juice 18 A Yogurt Cream Cheese Peaches Orange Orange Juice 25 D Bagel Yogurt Cream Cheese Sliced Apple Apple Juice 26 Cinnamon Muffin Bagel Yogurt Cream Cheese Applesauce Applesauce Applesauce Applesauce Applesauce Applesauce Apple Juice	K Easter Monday K Monday Frittata Apple Juice Drange Juice Pocket Pocket Pocket Pocket Pocket Pocket Pocket Pocket Pocket Yogurt Sliced Apple Orange Apple Juice Prittata Chocolate Muffin Yogurt Hash Brown Pineapple Peaches Orange Juice Pineapple Orange Juice Peaches Orange Juice Peaches Orange Orange Drange Juice Peaches Apple Juice Peaches Orange Apple Juice Peaches Orange Juice	I Easter Monday French Toast Sausage Pocket Yogurt Orange Apple Juice K Monday Frittata Cheese Pocket Yogurt Sausage Pineapple Orange Juice Apple Juice Apple Juice Syrup 11	The state of the s

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Menus are subject to change due to availability