

*Healthy tip of the Month:

People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed

Oasis Campus & Oasis North Elementary-Breakfast Menu– December 2023

	Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75					1	2
Breakfast is served Monday-Friday					Chocolate Muffin Yogurt Peaches Apple Juice	
ONE 7:45am-8:15am						
OES 8:00am-8:30am	3	4	5	6	7	8
Middle School 7:10am-7:35am	B	Cereal Yogurt Sliced Apple Grape Juice	Egg, Bacon Cheese Pizza Pineapple Apple Juice	Bagel Peaches Orange Juice Cream Cheese	Muffin Yogurt Peaches Apple Juice	Cinni Mini Yogurt Applesauce Apple Juice
High School 6:40am-7:00am	10	11	12	13	14	15
Start your day with a healthy breakfast.	D	Biscuit Sandwich Peaches Orange Juice	Sausage Yogurt Applesauce Apple Juice	Omelette & Hashbrown Pineapple Apple Juice	Cinn. Raisin Bagel Sliced Apple Apple Juice Cream Cheese	Cereal Yogurt Orange Grape Juice
Breakfast \$2.25						
<i>Menu Subject to change</i>	17	18	19	20	21	22
	K	Cereal Yogurt Orange Apple Juice	French Toast Sausage Pineapple Apple Juice Syrup	Egg Bacon Cheese Bagel Pineapple Orange Juice	Scramble Egg Hash Brown Sausage Slice Apple Orange Juice	Chocolate Muffin Yogurt Peaches Apple Juice
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