

*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 Elementary North -Breakfast Menu– December 2024

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	1	2	3	4	5	6	7
Breakfast is served Monday-Friday	D / L	Cereal Yogurt Pineapple Grape Juice	Biscuit Sausage Sandwich Peaches Orange Juice	Omelette & Hashbrown Pineapple Apple Juice	Ham, Egg & Cheese English Muffin Sand. Pineapple Orange Juice	Cinn. Raisin Bagel Sliced Apple Apple Juice Cream Cheese	
ONE 7:45am-8:15am	8	9	10	11	12	13	14
OES 8:00am-8:30am	K	Egg Bacon Cheese Bagel Pineapple Orange Juice	Scramble Egg Hash Brown Sausage Slice Apple Orange Juice	Chocolate Muffin Yogurt Peaches Apple Juice	Cereal Yogurt Orange Apple Juice	French Toast Sausage Pineapple Apple Juice Syrup	
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	15	16	17	18	19	20	21
Start your day with a healthy breakfast.	B	Cereal Yogurt Sliced Apple Grape Juice	Muffin Yogurt Peaches Apple Juice	Bagel Peaches Orange Juice Cream Cheese	Cinni Mini Yogurt Applesauce Apple Juice	Egg, Bacon Cheese Pizza Pineapple Apple Juice	

**Breakfast
\$2.25**

*Menu Subject to
change*



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