

**\*Healthy tip of the Month:**

Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options they can have - encouraging your family to chose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.



## Oasis Campus & Oasis North Elementary- Breakfast Menu – May 2022

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75							
Breakfast is served Monday-Friday	1	2	3	4	5	6	7
	D	Chocolate Muffin Yogurt Applesauce Apple Juice	Omelette W/ Cheese Hash Brown Pineapple Apple Juice	Biscuit Sausage Sandwich Peaches Orange Juice	Cinnamon Raisin Bagel Cream Cheese Sliced Apple Apple Juice	Cereal Yogurt Orange Orange Juice	
ONE 7:45am-8:15am	8	9	10	11	12	13	14
OES 8:00am-8:30am	C	Cereal Yogurt Applesauce Apple Juice	French Toast Sausage Peaches Apple Juice Syrup	English Muffin Ham, Egg, Cheese Sandwich Orange Apple Juice	Cinni Mini Yogurt Orange Apple Juice	Pancake Wrap Peaches Orange Juice Syrup	
Middle School 7:10am-7:35am							
High School 6:35am-7:00am	15	16	17	18	19	20	21
	E	Cereal Yogurt Applesauce Orange Juice	Scramble Egg Sausage Hash Brown Peaches Orange Juice	French Toast Sausage Pineapple Apple juice Syrup	Chocolate Muffin Yogurt Peaches Apple Juice	Bagel Orange Apple Juice Cream Cheese	
Start your day with a healthy breakfast.							
	22	23	24	25	26	27	28
Breakfast \$2.25	L	Blueberry or Banana Bread Cheese Stick Applesauce Apple Juice	English Muffin Ham, Egg, Cheese Sandwich Pineapple Orange Juice	Cinnamon Raisin Bagel Cream Cheese Sliced Apple Apple Juice	Muffin Yogurt Peaches Orange Juice	Cereal Yogurt Peaches Orange Juice	
							
	29	30	31	1	2	3	4
			Manager Choice	Manager Choice	Manager Choice	Professional Duty Day	

*Menu Subject to Change*

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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