

*Healthy tip of the Month:

Here are a few tips to reduce stress and have a fantastic school year. Get enough sleep. Eat a healthy breakfast. Try your best. Use good work habits, like writing down your assignments and turning in your homework on time. Take your time with school work. If you don't understand something, ask someone. Keep a sense of humor.

Oasis Campus & Oasis North Elementary-Breakfast Menu– September 2024

| | | Mon | Tue | Wed | Thu | Fri | Sat |
|--|----|---|--|--|---|--|-----|
| Additional Purchase Milk .75 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Breakfast is served Monday-Friday | I |  | Cereal Yogurt Sliced Apple Orange Juice | Waffle & Sausage Peaches Apple Juice Syrup | Cinni Mini Yogurt Sliced Apple Orange Juice | French Toast Sausage Pineapple Apple Juice Syrup | |
| ONE 7:45am-8:15am | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| OES 8:00am-8:30am | J | Chocolate Muffin Yogurt Peaches Apple Juice | Omelette Sausage Hash brown Pineapple Orange Juice | Cereal Yogurt Orange Apple Juice | French Toast Sausage Pineapple Apple Juice Syrup | Egg, Bacon Cheese Pizza Applesauce Orange Juice | |
| 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. | L | Banana Sliced Bread Cheese Stick Applesauce Apple Juice | Ham, Egg & Cheese English Muffin Sand. Pineapple Orange Juice | French Toast Sausage Pineapple Apple Juice Syrup | Muffin Yogurt Peaches Orange Juice | Cereal Yogurt Peaches Orange Juice | |
| Breakfast \$2.25 | | | | | | | |
| <i>Menu Subject to change</i> | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | K | Egg Bacon Cheese Bagel Pineapple Orange Juice | French Toast Sausage Pineapple Apple Juice Syrup | Scramble Egg Hash Brown Sausage Slice Apple Orange Juice | Cereal Yogurt Orange Apple Juice | Chocolate Muffin Yogurt Peaches Apple Juice | |
| | 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| | A | Cereal Yogurt Orange Apple Juice | Muffin Yogurt Peaches Orange Juice | Pancake Sausage Peaches Apple Juice Syrup |  | Pancake Wrap Pineapple Apple Juice Syrup | |

*Available online to make payments or check account balances: myschoolbucks.com
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