

*Healthy tip of the Month:

5 THINGS TO REMEMBER THIS SUMMER

Mental health and physical health are largely connected, so by taking care of your body, you're also taking care of your mind. Here are 5 things that help you take care of your body and mind. **1. Get your rest** - get 7 to 9 hours of sleep a night. **2. Move your body** - Try getting some exercise in the morning hours before the sun is at its peak. Or break up your day and go for shorter walk breaks throughout your day. **3. Connect with other** - Plan something fun with family or friends. If you aren't feeling like being in a crowded space, try to call at least one person to stay connected. **4. Stay hydrated** - drink more than the standard 8 glasses of water a day, and be creative. **5. Wear sunscreen** - Look for at least an SPF 30 and wear it all the time. Use these tips to help take care of yourself this summer and stay safe and healthy all season long!

Oasis Elem. North & Oasis Elem. South - Breakfast Menu – June 2021

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	K		1 Chocolate Muffin Yogurt Peach Apple Juice	2 Ham & Cheese Pocket Orange Apple Juice	3 French Toast Sausage Pineapple Apple Juice Syrup	4 Cereal Yogurt Orange Apple Juice	5
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	6	7 Cereal Yogurt Sliced Apple Grape Juice	8 Cinnamon Bun Sausage Pineapple Apple Juice	9 Bagel Cream Cheese Peaches Orange Juice	10 Mini Waffle Sausages Peaches Apple Juice Syrup	11 Muffin Yogurt Peaches Apple Juice	12
OES 8:00am-8:15am	B						
Middle School 7:10am-7:35am	13	14 Blueberry or Banana Bread Cheese Stick Peaches	15 Bagel Cream Cheese Orange Apple Juice	16 Muffin Yogurt Peaches Apple Juice	17 Cereal Yogurt Orange Apple Juice	18	19
High School 6:40am-7:00am	A					Professional Duty Day	
Start your day with a healthy breakfast.	20						

Breakfast \$2.25



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