



*Healthy tip of the Month:

Eating Better. Breakfast Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

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

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75							
Breakfast is served Monday-Friday	K						
ONE 7:45am-8:15am	5			1 French Toast Sausage Pineapple Apple Juice Syrup	2 Egg Bacon & Cheese Bagel Pineapple Orange Juice	3 Chocolate Muffin Yogurt Peaches Apple Juice	4
OES 8:00am-8:30am	E	6 Cereal Yogurt Applesauce Orange Juice	7 Scramble Egg Sausage Hash Brown Peaches Orange Juice	8 Chocolate Muffin Yogurt Peaches Apple Juice	9 French Toast Sausage Pineapple Apple juice Syrup	10 Bagel Orange Apple Juice Cream Cheese	11
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	12						
Start your day with a healthy breakfast.	F	13 Muffin Yogurt Peaches Apple Juice	14 English Muffin Sand. Sausage, Egg, Cheese Pineapple Orange Juice	15 Egg Bacon & Cheese Bagel Sliced Apple Apple Juice	16 Cereal Yogurt Peaches Apple Juice	17 Professional Duty Day	18
Breakfast \$2.25	19						
<i>Menu Subject to change</i>							
	26						
	C	27 Cereal Yogurt Applesauce Apple Juice	28 French Toast Sausage Peaches Apple Juice Syrup	29 English Muffin Sandwich Ham & Cheese Orange Apple Juice	30 Pancake Wrap Peaches Orange Juice Syrup	31 Cinni Mini Yogurt Orange Apple Juice	1



*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.