

*Healthy tip of the Month:

Does your child get enough [sleep](#)? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being [overweight](#). Sleep shortfalls may increase [hunger](#) hormones -- so kids eat more. Also, kids are less likely to get [exercise](#) (and burn off calories) when they're tired.



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

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



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