

*Healthy tip of the Month:

Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

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

Additional Purchase Milk .75

Breakfast is served Monday-Friday

ONE 7:45am-8:15am

OES 8:00am-8:30am

Middle School 7:10am-7:35am

High School 6:40am-7:00am

Start your day with a healthy breakfast.

Breakfast \$2.25

Menu Subject to change



	Mon	Tue	Wed	Thu	Fri	Sat
	1					6
7	8	9	10	11	12	13
A	Professional Duty Day	Muffin Yogurt Peaches Orange Juice	Pancake Wrap Pineapple Apple Juice Syrup	Bagel Orange Apple Juice Cream Cheese	Pancake Sausage Peaches Apple Juice Syrup	
14	15	16	17	18	19	20
B / D	15	Cereal Yogurt Sliced Apple Grape Juice	Cinni Mini Yogurt Applesauce Apple Juice	Egg, Bacon Cheese Pizza Pineapple Apple Juice	Biscuit Sausage Sandwich Peaches Orange Juice	
21	22	23	24	25	26	27
E	Chocolate Muffin Yogurt Peaches Apple Juice	Scramble Egg Hashbrown Sausage Peaches Orange Juice	French Toast Sausage Pineapple Apple Juice Syrup	Bagel Orange Apple Juice Cream Cheese	Cereal Yogurt Applesauce Orange Juice	
28	29	30	31	1	2	3
L	Banana Sliced Bread Cheese Stick Applesauce Apple Juice	Cereal Yogurt Peaches Orange Juice	Ham, Egg & Cheese English Muffin Sand. Pineapple Orange Juice	Muffin Yogurt Peaches Orange Juice	French Toast Sausage Pineapple Apple Juice Syrup	

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