

\*Healthy tip of the Month:

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association



## Oasis Campus & Oasis North Elementary-Breakfast Menu– October 2023

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	1	2	3	4	5	6	7
Breakfast is served Monday-Friday	B	Cinni Mini Yogurt Applesauce Apple Juice	Bagel Peaches Orange Juice Cream Cheese	Cereal Yogurt Sliced Apple Grape Juice	Egg, Bacon Cheese Pizza Pineapple Apple Juice	Muffin Yogurt Peaches Apple Juice	
ONE 7:45am-8:15am	8	9	10	11	12	13	14
OES 8:00am-8:30am	D	Cereal Yogurt Orange Grape Juice	Omelette & Hashbrown Pineapple Apple Juice	Chocolate Muffin Yogurt Applesauce Apple Juice	Biscuit Sausage Sandwich Peaches Orange Juice	Cinn. Raisin Bagel Sliced Apple Apple Juice Cream Cheese	
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.	I	Professional Duty Day	Waffle & Sausage Peaches Apple Juice Syrup	Cereal Yogurt Sliced Apple Orange Juice	Cinni Mini Yogurt Sliced Apple Orange Juice	French Toast Sausage Pineapple Apple Juice Syrup	
<b>Breakfast \$2.25</b>							
<i>Menu Subject to change</i>	22	23	24	25	26	27	28
	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	Cereal Yogurt Peaches Orange Juice	Muffin Yogurt Peaches Orange Juice	
	29	30	31	1	2	3	4
	F	Cinn. Raisin Bagel Applesauce Apple Juice Cream Cheese	Muffin Yogurt Peaches Apple Juice	Egg, Bacon & Cheese Bagel Sliced Apple Apple Juice	Cereal Yogurt Peaches Apple Juice	Egg, Sausage & Cheese English Muffin Sand. Pineapple Orange Juice	



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