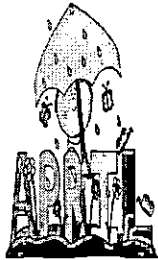


\*Healthy tip of the Month:

**Eating Better. Tips to a healthy eating: Eat a variety of food,** You need more than 40 different nutrients for good health and no single food can supply them all. **Enjoy plenty of fruits and vegetables,** Most of us do not eat enough of these foods either although they provide important protective nutrients. **Eat moderate portions - reduce, don't eliminate foods,** If you keep portion sizes reasonable, it's easier to eat all the foods you enjoy without having to eliminate any. **Eat regularly,** Skipping meals, especially breakfast, can lead to out-of-control hunger. **Get on the move,** As we have seen, too many calories and not enough activity can result in weight gain. Moderately physical activity helps burn off those extra calorie.

## Oasis Campus & Oasis Elementary North -Breakfast Menu– April 2026

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	N	30 Sausage Biscuit Fresh Melons Juice	31 Omelette Hashbrown Banana Juice	1 French Toast Sausage Grapes Juice Syrup	2 Egg, Sausage, Cheese Wrap Orange slices Juice	?	4
Breakfast is served Monday-Friday						<i>Friday</i>	
OEN 7:45am-8:15am	5	6	7	8	9	10	11
OES 8:00am-8:30am	K	Easter Monday	Omelette Hashbrown Yogurt Orange Juice	Bacon, Egg, Cheese Bagel Grapes Juice	Bagel & Cream Cheese Cheese Stick Orange Slices Juice	Blueberry Muffin Yogurt Apples Juice	
Middle School 7:10am-7:35am							
High School 6:30am-7:00am	12	13	14	15	16	17	18
Start your day with a healthy breakfast.	L	Banana Bread Cheese Stick Orange slices Juice	Scrambled Egg Hash brown Sausage Fresh Melons Juice	Mini Cinni Yogurt Banana Juice	Ham, egg, cheese English Muffin Apples Juice	Cereal Yogurt Pineapple Juice	
<b>Breakfast \$1.25</b>	19	20	21	22	23	24	25
<i>Menu Subject to change</i>	G	Pancake Wrap Orange slices Juice Syrup	Cereal Yogurt Orange Juice	Muffin Yogurt Melons Juice	Mini Cini Yogurt Orange slices Juice	Biscuit sausage Sandwich Apples Juice	
	26	27	28	29	30	1	2
	O	Cheese Omelette Sausage Hash Brown Apple Juice	Egg,Sausage, Cheese Wrap Orange slices Juice	Waffles Sausage Melons Juice	Cinnamon Raisin Bagel Cream Cheese Banana Juice	Cereal Yogurt Apple Juice	



\*Healthy tip of the month -

**Eating for Good Health** focus on increasing vegetables, fruits and whole grains, and decreasing saturated fats, added sugars and processed foods. **Timing is Key** Timing of meals throughout the day is also key when using and storing energy. **Avoid Trans Fats** Follow your heart and eat foods low in saturated fats to help avoid heart disease. **Remember the three R's REFLECT** on your eating habits by keeping a food journal, **REPLACE** unhealthy eating habits with healthier ones **REINFORCE** your healthier eating habits by planning ahead

# Oasis High School - Lunch Menu – April 2026

Milk and Juice is served with every lunch.

**Lunch \$2.75**



**Salad Combo & Sub Combo \$2.75**

Breads/Buns are whole grain rich.

Subs and Salads will not be made for Pizza days.

Menu subject to change.



	Mon	Tue	Wed	Thu	Fri	Sat
	30 X Ham Sub Chef Salad	31 Pulled Chicken WG Roll Potato Cubes Veggie Medley Orange slices Cucumbers	1 Boneless Chicken WG Roll Sweet Potato Fries Banana/Fresh Carrots Romaine Salad Cucumbers	2 Penne Pasta w/ Meat Sauce Hot Carrots Romaine Salad Cucumbers Apples/ WG Roll	3 4 	4
	5 P Turkey Sub Chicken Salad	6 	7 Veg. Fried Rice Pop Corn Chicken Broccoli Cucumbers Fresh Carrots Egg Roll Apple	8 Chicken Tenders Spiral Potato Green Beans Cucumbers Orange Slices WG Roll	9 Cheeseburger Veggie Mix French Fries Apples Romaine Salad Cucumber	10 Pepperoni Pizza yogurt Fresh Carrots Romaine Salad Sidekick Fresh carrots
	12 B Italian Sub Turkey Salad	13 Stromboli Hot Carrots Potato Cubes Banana Romaine Salad Cucumbers	14 Tacos Black Beans Fresh Carrots Lettuce / Tomatoes Cheez-it Orange slices	15 Chicken Wings Mac & Cheese Corn Fresh Carrots Orange slices WG Roll	16 Chicken Alfredo Broccoli Romaine Salad WG Roll Banana Cucumbers/ Carrots	17 Pepperoni Pizza Cheese Stick Romaine Salad Sidekick Cucumbers Carrots
	19 V Ham Sub Chef Salad	20 Pulled Chicken WG Roll Baked Beans Potato Cubes Orange slices Cucumbers	21 Cheeseburger Veggie Mix French Fries Orange slices Let/tom	22 Meatball Sub Green Beans Tater Tots Fresh Carrots Grapes	23 Pasta w/ meatsauce WG Roll Hot Carrots Romaine Salad Apples Cucumbers	24 Pepperoni Pizza WG Chheze it Romaine Salad Fresh Carrots Sidekick
	26 T Turkey Sub Crispy Chicken Salad	27 Corn Dog Green Beans Potato cubes Fresh carrots Apples	28 Taco Black Beans Fresh Carrots Lettuce / Tomato Banana	29 Boneless Chicken Wings / WG Roll Mashed Potato Broccoli Fresh Carrots Orange slices	30 Chicken Alfredo Veggie Mix Fresh Carrots Romaine Salad Apples/ WG Roll	1 2 Pepperoni Pizza Cheese Stick Fresh Carrots Romaine Salad Sidekick

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)  
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