*Healthy tip of the Month:

Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options they can have - encouraging your family to chose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.

Oasis Campus & Oasis North Elementary-Breakfast Menu– May 2026

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
6:30am-7:00am

Start your day with a healthy breakfast.

Breakfast $1.25

Menu Subject to change

	Mon	Tue	Wed	Thu	Fri	Sat
			29 Waffles Sausage Melons Juice	30 Cinnamon Raisin Bagel/Cream Cheese Banana Juice	1 Cereal Yogurt Apple Juice	2
O						
3	4 Chocolate Muffin Yogurt Oranges Juice	5 Cheese Omelette Hash Brown Sausage Apple Juice	6 Banana Bread Yogurt Pineapple Juice	7 Egg,Bacon & Cheese Bagel Yogurt Banana Juice	8 Cereal Cheese Stick Oranges Juice	9
M						
10	11 Muffin Yogurt Apples Juice	12 Ham, Egg, Cheese Muffin Sandwich Apple Juice	13 Mini Cini Yogurt Banana Juice	14 Scrambled Eggs Hashbrown Sausage Melons Juice	15 Cereal Yogurt Grapes Juice	16
L/K						
17	18 Bagel & Cream Cheese Cheese Stick Orange Slices Juice	19 Egg,Bacon & Cheese Bagel Yogurt Banana Juice	20 Chocolate Muffin Yogurt Orange Slices Juice	21 French Toast Sausage Pineapple Juice Syrup	22 Cereal Yogurt Apple Juice	23
K/J						
24	25 	26 Muffin Yogurt Apples Juice	27 Sausage Biscuit Cheese Stick Melons Juice	28 Mini Cinni Yogurt Orange slices Juice	29 Cereal Yogurt Apples Juice	30
G						

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***Healthy tip of the month -**

Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options they can have - encouraging your family to chose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.

Oasis High School - Lunch Menu – May 2025

Milk and Juice is served with every lunch.

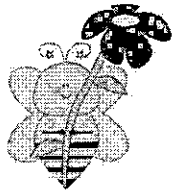
Lunch $2.75

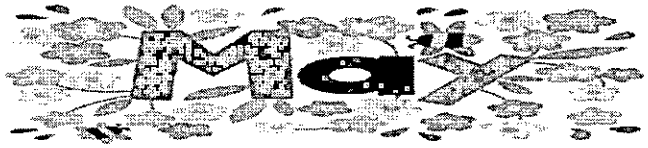
Salad Combo & Sub Combo $2.75

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
T Turkey Sub Crispy Chicken Salad				30 Chicken Alfredo Veggie Mix Romaine Salad Apple WG Roll	1 Pepperoni Pizza Cheese Stick Fresh Carrots Romaine Salad Sidekick	2
3 K/L Italian Sub Chef Salad	4 Chicken Tenders Mashed Potato Veggie Mix Fresh Carrots Banana WG Roll	5 Nachos Tostito Chips Black Beans Nacho Cheese/Salsa Lettuce/tomato Fresh Carrots	French Toast Sausage Potato Cubes Juice Cucumbers/Carrots Apples	87 Chicken Alfredo Broccoli Fresh Carrots Romaine Salad Apple WG Roll	8 Pepperoni Pizza Cheese Stick Cucumbers Romaine Salad Sidekick	9
10 X/ W Ham Sub Chicken Salad	11 Pulled Chicken WG Roll Mixed Veggies Potato Cubes Cucumbers Orange Slices	12 Crispy Chicken Sandwich French Fries Broccoli Cucumbers Apples Fresh Carrots	13 Boneless Chicken Mac and Cheese Green Beans Fresh Carrots Orange slices	14 Penne Pasta w/ Meat Sauce Veggie Mix Romaine Salad Apples/ Cucumbers WG Roll	15 Pepperoni Pizza Yogurt Cucumbers Romaine Salad Sidekick	16
17 F/R Turkey Sub Chef Salad	18 Chicken Tenders Mashed Potato Green Beans Cucumbers Orange Slices	19 Cheeseburger Cucumber Salad Tater Tots Apple	20 Chicken Alfredo Fresh Carrots Broccoli Salad Orange	21 Hot Dog Baked Beans Potato Cubes Orange slices Fresh Carrots	22 Pepperoni Pizza Cheese Stick Fresh Carrots Salad Cucumber Sidekick	23
24 A **Manager Choice**	25 	26 Boneless Chicken Wings / Roll Mashed Potato Veggie Mix Fresh Carrots Orange Slices	27 **Manager Choice**	28 **Managers Choice**	29 **Early Dismissal**	30

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