

Families everywhere are bracing for a return to school, work and hectic schedules. The sudden change to fall activity however can quickly sap energy levels leaving both parents and kids tired, stressed and even prone to illness. Plan ahead with the hints below to ease the transition; you can ward off fatigue and anxiety, and keep your family in good health. **1. Get to bed earlier. 2. Eat well. 3. Give your immune system a boost. 4. Wash your hands. 5. Get to know the school nurse. 6. Take a breather.**

**Milk and Juice** is served with every lunch.

**Lunch \$3.75**

**Salad Combo  
& Sub Combo  
\$3.75**

**Breads/Buns are whole grain rich.**

**Subs and Salads will not be made for Pizza days.**

Menu subject to  
change.

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\*Healthy tip of the Month:

Here are a few tips to reduce stress and have a fantastic school year. Get enough sleep. Eat a healthy breakfast. Try your best. Use good work habits, like writing down your assignments and turning in your homework on time. Take your time with school work. If you don't understand something, ask someone. Keep a sense of humor.

## Oasis Charter Schools Breakfast Menu– September 2025

			Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	1	I	1 	2 Cereal Yogurt Banana Orange Juice	3 Muffin yogurt Apple Apple Juice	4 Mini Cinni Yogurt Sliced Apple Orange Juice	5 French Toast Sausage Pineapple Apple Juice Syrup	6
Breakfast is served Monday-Friday								
ONE 7:45am-8:15am	7	J	8 Chocolate Muffin Yogurt Orange Apple Juice	9 Omelette Sausage Hash brown Pineapple Orange Juice	10 Cereal Yogurt Orange Apple Juice	11 French Toast Sausage Pineapple Apple Juice Syrup	12 Egg,Bacon & Cheese bagel Yogurt Banana Oanage Juice	13
OES 8:00am-8:30am								
Middle School 7:10am-7:35am								
High School 6:30am-7:00am	14	L	15 Banana Sliced Bread Cheese Stick Applesauce Apple Juice	16 Ham, Egg & Cheese English Muffin Sand. Pineapple Orange Juice	17 Scrambled Eggs Hash Brown Sausage Orange Apple Juice	18 Mini Cinni Yogurt Banana Orange Juice	19 Cereal Yogurt Peaches Orange Juice	20
Start your day with a healthy breakfast.								
Breakfast \$2.25								
Menu Subject to change	21	M	22 Egg Bacon Cheese Bagel Yogurt Pineapple Orange Juice	23 	24 Cheese Omelette Hash Brown Sausage Apple Orange Juice	25 Cereal Yogurt Orange Apple Juice	26 Chocolate Muffin Yogurt Peaches Apple Juice	27
	28	A	29 Cereal Yogurt Orange Apple Juice	30 Muffin Cheese Stick Oranges Orange Juice	1 Pancake Sausage Peaches Apple Juice Syrup	2 Bagel Yogurt Orange Apple Juice Cream Cheese	3 Pancake Wrap Pineapple Apple Juice Syrup	5



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