

***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 North Elementary- Breakfast Menu – April 2022

	Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75						
Breakfast is served Monday-Friday	L				1 Cereal Yogurt Peaches Orange Juice	2
ONE 7:45am-8:15am	3	4 Cereal Yogurt Applesauce Orange Juice	5 Chocolate Muffin Yogurt Peaches Apple Juice	6 French Toast Sausage Pineapple Apple juice Syrup	7 Scramble Egg Sausage Hash Brown Peaches Orange Juice	8 Bagel Orange Apple Juice Cream Cheese
OES 8:00am-8:30am	E					
Middle School 7:10am-7:35am						
High School 6:35am-7:00am	10	11 Cereal Yogurt Peaches Apple Juice	12 Pancake Wrap Pineapple Apple Juice Syrup	13 Biscuit Sausage Sandwich Sliced Apple Orange Juice	14 Muffin Yogurt Peaches Apple Juice	15 16 <i>HAPPY Good Friday</i>
Start your day with a healthy breakfast.						
Breakfast \$2.25	17	18 	19 Cinnamon Bun Sausage Pineapple Apple Juice	20 Cereal Yogurt Applesauce Orange Juice	21 Bagel Cream Cheese Orange Apple Juice	22 Chocolate Muffin Yogurt Peaches Orange Juice
	H					
	19					
	24	25 Cereal Yogurt Orange Apple Juice	26 French Toast Sausage Pineapple Apple Juice Syrup	27 Chocolate Muffin Yogurt Peaches Apple Juice	28 Omelette Hash Brown Pineapple Orange Juice	29 Cinnamon Bun Sausage Applesauce Orange Juice
	J					



Menu Subject to Change

*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.