

\*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 2024

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75		1	2	3	4	5	6
Breakfast is served Monday-Friday	D	 <i>Easter Monday</i>	Cereal Yogurt Orange Grape Juice	Omelette & Hashbrown Pineapple Apple Juice	Chocolate Muffin Yogurt Applesauce Apple Juice	Biscuit Sausage Sandwich Peaches Orange Juice	
ONE 7:45am-8:15am	7						
OES 8:00am-8:30am	B	8	9	10	11	12	13
Middle School 7:10am-7:35am		Muffin Yogurt Peaches Apple Juice	Cinni Mini Yogurt Applesauce Apple Juice	Bagel Peaches Orange Juice Cream Cheese	Egg, Bacon Cheese Pizza Pineapple Apple Juice	Cereal Yogurt Sliced Apple Grape Juice	
High School 6:40am-7:00am	14						
Start your day with a healthy breakfast.	K	15	16	17	18	19	20
<b>Breakfast \$2.25</b>		French Toast Sausage Pineapple Apple Juice Syrup	Cereal Yogurt Orange Apple Juice	Chocolate Muffin Yogurt Peaches Apple Juice	Scramble Egg Hash Brown Sausage Slice Apple Orange Juice	Egg Bacon Cheese Bagel Pineapple Orange Juice	
<i>Menu Subject to change</i>	21						
	A	22	23	24	25	26	27
		Pancake Wrap Pineapple Apple Juice Syrup	Muffin Yogurt Peaches Orange Juice	Cereal Yogurt Orange Apple Juice	Pancake Sausage Peaches Apple Juice Syrup	Bagel Orange Apple Juice Cream Cheese	
	28						
	F	29	30	1	2	3	4
		Cereal Yogurt Peaches Apple Juice	Cinn. Raisin Bagel Applesauce Apple Juice Cream Cheese	Egg, Bacon & Cheese Bagel Sliced Apple Apple Juice	Egg, Sausage & Cheese English Muffin Sand. Pineapple Orange Juice	Muffin Yogurt Peaches Apple Juice	

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