

***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 2024

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75							
Breakfast is served Monday-Friday	F			1 Egg, Bacon & Cheese Bagel Sliced Apple Apple Juice	2 Egg, Sausage & Cheese English Muffin Sand. Pineapple Orange Juice	3 Muffin Yogurt Peaches Apple Juice	4
ONE 7:45am-8:15am	5						
OES 8:00am-8:30am	E	6 Chocolate Muffin Yogurt Peaches Apple Juice	7 Bagel Orange Apple Juice Cream Cheese	8 Scramble Egg Hashbrown Sausage Peaches Orange Juice	9 Cereal Yogurt Applesauce Orange Juice	10 French Toast Sausage Pineapple Apple Juice Syrup	11
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	12						
Start your day with a healthy breakfast.	G	13 Biscuit Sausage Sandwich Sliced Apple Orange Juice	14 Pancake Wrap Pineapple Apple Juice Syrup	15 Cereal Yogurt Peaches Apple Juice	16 Cinni Mini Yogurt Pineapple Orange Juice	17 Muffin Yogurt Peaches Apple Juice	18
Breakfast \$2.25							
<i>Menu Subject to change</i>	19						
	K	20 Cereal Yogurt Orange Apple Juice	21 Chocolate Muffin Yogurt Peaches Apple Juice	22 Scramble Egg Hash Brown Sausage Slice Apple Orange Juice	23 French Toast Sausage Pineapple Apple Juice Syrup	24 Egg Bacon Cheese Bagel Pineapple Orange Juice	25
	26						
	L	27 	28 French Toast Sausage Pineapple Apple Juice Syrup	29 Ham, Egg & Cheese English Muffin Sand. Pineapple Orange Juice	30 Manager Choice Early Dismissal	31 Manager Choice Early Dismissal Last day for Students	1



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