

***Healthy tip of the Month:**

Start the day with a healthy breakfast. It refuels your body and gives you energy for the day. Let kids help plan one meal each week and eat together as often as possible. Eat slowly. It takes 20 minutes for your brain to register that you are full. Eat more vegetables and fresh fruits. Eat more whole grains (e.g., oats, brown rice, rye, crackers, whole-wheat pasta). Drink plenty of fluids. Choose water, low-fat or nonfat milk and low calorie or diet beverages. Serve a variety of foods.

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

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75							31
Breakfast is served Monday-Friday							
ONE 7:45am-8:15am	1						
OES 8:00am-8:30am	K	2 Egg,Bacon Cheese Bagel Apple Raspberry Juice	3 Omelette Hash Brown Yogurt Banana Orange Juice	4 Bagel WG Cheese Stick Orange Slices Apple Juice Cream Cheese	5 Blueberry WG Muffin Yogurt Grapes Apple Juice	6 Cereal Yogurt Orange Slices Apple Juice	
Middle School 7:10am-7:35am							
High School 6:30am-7:00am	8	9 Cinni Mini Yogurt Banana Orange Juice	10 Ham, Egg, Cheese English Muffin Apples Apple Juice	11 Banana Bread Cheese Stick Orange Slices Raspberry juice	12 Scrambled Egg Sausage Hashbrown Fresh Melons Apple Juice	13 Cereal Yogurt Pineapple Apple Juice	14
Start your day with a healthy breakfast.	L						
Breakfast \$1.25							
Menu Subject to change	15	16 	17 Cereal Yogurt Apples Orange Juice	18 Egg,Bacon and Cheese Bagel Fresh Melons Apple Juice	19 Cinnamon Raisin Bagel Banana Apple Juice Cream Cheese	20 Blueberry WG Muffin Yogurt Orange Juice Raspberry Juice	21
	22	23 Sausage Biscuit Fresh Melons Orange Juice	24 Egg,Sausage,Cheese Wrap Orange Slices Apple Juice	25 Cereal Yogurt Orange Apple Juice	26 Omelette Hash brown Pineapple Raspberry Juice	27 French Toast Sausage Pineapple Apple Juice Syrup	28
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