

***Healthy tip of the Month:**

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time

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

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75							
Breakfast is served Monday-Friday							
							
OEN 7:45am-8:15am	1	2	3	4	5	6	7
	L	Banana Bread Cheese Stick Oranges Juice	Bagel Orange Apple Juice Cream Cheese	Mini Cinni Yogurt Banana Juice	Ham, Egg & Cheese English Muffin Sand. Apple Juice	Cereal Yogurt Apples Juice	
OES 8:00am-8:30am							
Middle School 7:10am-7:35am	8	9	10	11	12	13	14
	G	Pancake Wrap Oranges Juice Syrup	Muffin Yogurt Melons Juice	Sausage Biscuit Apples Juice	Mini Cinni Yogurt Oranges Juice	No School	
High School 6:30am-7:00am							
Start your day with a healthy breakfast.	15						21
Breakfast \$1.25							
Menu Subject to change	22	23	24	25	26	27	28
	K	Blueberry Muffin Yogurt Apples Juice	Omelette Hashbrown Yogurt Orange Slices Juice	Egg Bacon Cheese Bagel topper Grapes Juice	Bagel Cream cheese Cheese Stick Banana Juice	Cereal Yogurt Apples Juice	
	29	30	31	1	2	3	4
	N	Sausage Biscuit Fresh Melons Juice	Omelette Hashbrown Banana Juice	French Toast Sausage Grapes Juice Syrup	Egg,Sausage cheese wrap Orange slices Juice	Cereal Yogurt Apples Juice	

*Available online to make payments or check account balances: myschoolbucks.com
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