

*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

Additional
Purchase
Milk .75

Breakfast is served
Monday-Friday

ONE
7:45am-8:15am

OES
8:00am-8:30am

Middle School
7:10am-7:35am

High School
6:30am-7:00am

Start your day with
a healthy breakfast.

**Breakfast
\$1.25**

*Menu Subject to
change*



Mon	Tue	Wed	Thu	Fri	Sat
					31
1	2	3	4	5	6
	Egg,Bacon Cheese Bagel Apple Raspberry Juice	Omelette Hash Brown Yogurt Banana Orange Juice	Bagel WG Cheese Stick Orange Slices Apple Juice Cream Cheese	Blueberry WG Muffin Yogurt Grapes Apple Juice	Cereal Yogurt Orange Slices Apple Juice
8	9	10	11	12	13
	Cinni Mini Yogurt Banana Orange Juice	Ham, Egg, Cheese English Muffin Apples Apple Juice	Banana Bread Cheese Stick Orange Slices Raspberry juice	Scrambled Egg Sausage Hashbrown Fresh Melons Apple Juice	Cereal Yogurt Pineapple Apple Juice
15	16	17	18	19	20
	President	Cereal Yogurt Apples Orange Juice	Egg,Bacon and Cheese Bagel Fresh Melons Apple Juice	Cinnamon Raisin Bagel Banana Apple Juice Cream Cheese	Blueberry WG Muffin Yogurt Orange Juice Raspberry Juice
22	23	24	25	26	27
	Sausage Biscuit Fresh Melons Orange Juice	Egg,Sausage,Cheese Wrap Orange Slices Apple Juice	Cereal Yogurt Orange Apple Juice	Omelette Hash brown Pineapple Raspberry Juice	French Toast Sausage Pineapple Apple Juice Syrup
					28

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Healthy tip of the month

Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet

OEN & OES - LUNCH MENU - FEBRUARY 2026

Milk is served with every lunch.

Breads/Buns are whole grain rich.

Lunch \$2.50

Salad Combo & Sub Combo \$2.50

Subs and Salads will not be made for Pizza days.

Menu Subject to Change



Mon

Tue

Wed

Thu

Fri

Sat



1 O/L Turkey Sub Chef Salad	2 Meat Lover Stromboli Hot Carrots Romaine Salad Cucumbers Apples	3 Boneless Chicken Wings/ WG Roll Mashed Potato Organic Veggie Mix Fresh Carrots Clementine Oranges	4 Meatball Sub Green Beans Tater Tots Orange Slices Fresh Carrots	5 Chicken Alfredo Broccoli Romaine Salad Apples	6 Cheese Pizza Sidekicks Romaine Salad Fresh Carrots	7
8 K/P Italian Sub Chicken Salad	9 Chicken Tenders Mashed Potatoes Corn Fresh Carrots Pineapple WG Roll	10 Nachos Organic Tostito chips Black Beans Lettuce / Tomatoes Salsa & Cheese Orange Slices	11 French Toast (WG) Sausage Potato Cubes Cucumbers Apples Apple Juice	12 Penne with Meatballs Hot Carrots Romaine Salad Banana WG Roll	13 Cheese Pizza Cucumbers Romaine Salad Sidekick	14
15 V Ham Sub Turkey Salad	16 	17 Cheeseburger Organic Veggie Mix French Fries Romaine Salas Cucumbers Orange Slices	18 BBQ Pulled Chicken Veggie Fried Rice Tortilla Shell (WG) Shredded Cheese Fresh Carrots/Cucumber Orange Slices	19 Pasta w/ Meat sauce WG Roll Hot Carrots Romaine salad Cucumbers Apples	20 Cheese Pizza Sidekicks Cheese Stick Romaine Salad Fresh Carrots	21
22 W Turkey Sub Chicken Salad	23 Breaded Chicken Sandwich French Fries Hot Carrots Cucumber Apples	24 Meatloaf WG Roll Mashed Potato Corn Banana Romaine Salad	25 Boneless Chicken Wings Spiral Potato Green Beans Fresh Carrots Orange Slices WG Roll	26 Chicken Alfredo WG Roll Broccoli Romaine Salad Apples	29 Cheese Pizza Cucumber Romaine Salad Sidekick	30

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