

*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							
OES 8:00am-8:30am	1	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	L	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
Start your day with a healthy breakfast.							14
Breakfast \$1.25	15	F	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
Menu Subject to change							21
	22	N	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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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.

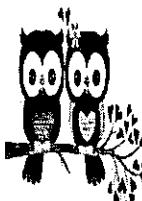
Breads/Buns are
whole grain rich.

Lunch \$2.50

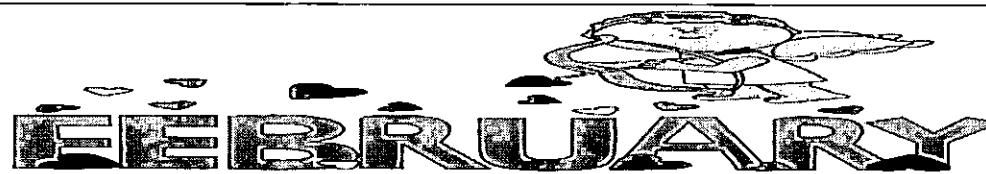
Salad Combo &
Sub Combo \$2.50

Subs and Salads will
not be made for Pizza
days.

Menu Subject to
Change



Mon Tue Wed Thu Fri Sat



	1	O/L	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	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	16	President's Day	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	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 Broccoli Romaine Salad Apples	29	Cheese Pizza Cucumber Romaine Salad Sidekick	30

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