



*Healthy tip of the Month:

Here are a few tips to reduce stress and have a fantastic school year. Get enough sleep. Eat a healthy breakfast. Try your best. Use good work habits, like writing down your assignments and turning in your homework on time. Take your time with school work. If you don't understand something, ask someone. Keep a sense of humor.

Oasis Charter Schools Breakfast Menu– September 2025

		Mon	Tue	Wed	Thu	Fri	Sat
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 \$2.25 <i>Menu Subject to change</i>	1	1	2	3	4	5	6
	I		Cereal Yogurt Banana Orange Juice	Muffin yogurt Apple Apple Juice	Mini Cinni Yogurt Sliced Apple Orange Juice	French Toast Sausage Pineapple Apple Juice Syrup	
	7	8	9	10	11	12	13
	J	Chocolate Muffin Yogurt Orange Apple Juice	Ham,Egg,Cheese English Muffin Oranges Yogurt Apple Juice	Cereal Yogurt Orange Apple Juice	French Toast Sausage Apple Apple Juice Syrup	Egg,Bacon & Cheese bagel Yogurt Banana Oanage Juice	
	14	15	16	17	18	19	20
	L	Banana Sliced Bread Cheese Stick Orange Apple Juice	Ham, Egg & Cheese English Muffin Sand. Apple Orange Juice	Scrambled Eggs Hash Brown Sausage Orange Apple Juice	Mini Cinni Yogurt Banana Orange Juice	Cereal Yogurt Peaches Orange Juice	
	21	22	23	24	25	26	27
	M	Egg Bacon Cheese Bagel Yogurt Banana Orange Juice		Cheese Omelette Hash Brown Sausage Apple Orange Juice	Cereal Cheese Stick Orange Apple Juice	Chocolate Muffin Yogurt Orange Apple Juice	
	28	29	30	1	2	3	5
	A	Cereal Yogurt Orange Apple Juice	Muffin Cheese Stick Oranges Orange Juice	Pancake Sausage Apple Apple Juice Syrup	WG Bagel Yogurt Orange Apple Juice Cream Cheese	Pancake Wrap Grapes Apple Juice Syrup	



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