




\*Healthy tip of the Month:

Families everywhere are bracing for a return to school, work and hectic schedules. The sudden change to fall activity however can quickly sap energy levels leaving both parents and kids tired, stressed and even prone to illness. Plan ahead with the hints below to ease the transition; you can ward off fatigue and anxiety, and keep your family in good health. 1. **Get to bed earlier.** 2. **Eat well.** 3. **Give your immune system a boost.** 4. **Wash your hands.** 5. **Get to know the school nurse.** 6. **Take a breather.**

## Oasis Campus & Christa McAuliffe - Breakfast Menu – August 2018

		Mon	Tue	Wed	Thu	Fri	Sat	
Additional Purchase Milk .75								
Breakfast is served Monday-Friday		5	6	7	8	9	10	11
CME 7:45am-8:15am							Cereal Yogurt Pineapple Apple Juice	
OES 8:00am-8:15am		12						
Middle School 7:10am-7:35am		A	13 Muffin Yogurt Peaches Orange Juice	14 Pancake Wrap Pineapple Apple Juice Syrup	15 Pancake Sausage Peaches Apple Juice Syrup	16 Cereal Yogurt Orange Apple Juice	17 Bagel Orange Apple Juice Cream Cheese	18
High School 6:40am-7:00am		19						
Start your day with a healthy breakfast.		C	20 Cereal Yogurt Apple Apple Juice	21 Cinnamon Roll Sausage Orange Apple Juice	22 Flauta Turkey sausage, egg, cheese Orange Apple Juice	23 French Toast Sausage Peaches Apple Juice Syrup	24 Pancake wrap Peaches Orange Juice Syrup	25
		26						
		G	27 Cereal Yogurt Peaches Apple Juice	28 Scramble Egg Hash Brown Sausage Orange Apple Juice	29 Pancake Wrap Pineapple Apple Juice Syrup	30 Cinnamon Roll Sausage Pineapple Apple Juice	31 Muffin Yogurt Peaches Apple Juice	

\*Available online to make payments or check account balances: [myschoolbucks.com](http://myschoolbucks.com)

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