



*Healthy tip of the Month: :

Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

Oasis Campus & Christa McAuliffe - Breakfast Menu – January 2019

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75		31	1	2	3	4	5
Breakfast is served Monday-Friday							
6	H	7	8	9	10	11	12
		No School	Professional Duty Day	Cereal Yogurt Peaches Apple Juice	Cinnamon Roll Sausage Pineapple Apple Juice	Muffin Yogurt Pineapple Apple Juice	
13	D	14	15	16	17	18	19
		Cereal Yogurt Orange Grape Juice	Frittata Hash brown Pineapple Apple Juice	Cinnamon Bagel Orange Apple Juice Cream Cheese	Cereal Yogurt Pineapple Apple Juice	Pancake Wrap Orange Apple Juice Syrup	
20	B	21	22	23	24	25	26
			Sausage, Egg Burrito Pineapple Apple Juice	Cereal Yogurt Orange Apple Juice	Muffin Yogurt Pineapple Apple Juice	Cinnamon Roll Sausage Apple (can) Apple Juice	
27	E	28	29	30	31	1	2
		Chocolate Muffin Yogurt Peaches Apple Juice	French Toast Sausage Pineapple Apple Juice syrup	Scramble Egg Sausage Hash brown Orange Apple Juice	Bagel Apple (can) Apple Juice Cream Cheese	Cereal Yogurt Pineapple Apple Juice	



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