

**\*Healthy tip of the Month: -**

Restricting food increases the risk your child may develop [eating disorders](#) such as [anorexia](#) or [bulimia](#) later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options there are -- encouraging your family to choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.



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

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	A		1 Bagel Orange Apple Juice Cream Cheese	2 Cereal Yogurt Orange Apple Juice	3 Pancake Sausage Peaches Apple Juice Syrup	4 Pancake Wrap Pineapple Apple Juice Syrup	5
Breakfast is served Monday-Friday	6		7 Cereal Yogurt Orange Grape Juice	8 Cinnamon Bagel Orange Apple Juice Cream Cheese	9 Frittata Hash brown Pineapple Orange Juice	10 Cereal Yogurt Pineapple Apple Juice	11 Pancake Wrap Orange Apple Juice Syrup
CME 7:45am-8:15am	D						12
OES 8:00am-8:15am	13	H	14 Cereal Yogurt Peaches Apple Juice	15 Cinnamon Roll Sausage Pineapple Apple Juice	16 Pancake Wrap Peaches Apple Juice Syrup	17 Omelet Sausage Orange Apple Juice	18 Muffin Yogurt Peaches Apple Juice
Middle School 7:10am-7:35am							19
High School 6:40am-7:00am	20	G	21 Cereal Yogurt Peaches Apple Juice	22 Pancake Wrap Pineapple Apple Juice Syrup	23 Muffin Yogurt Peaches Apple Juice	24 Scramble Egg Hash Brown Sausage Orange Apple Juice	25 Cinnamon Roll Sausage Pineapple Apple Juice
Start your day with a healthy breakfast.							26
	27	28 	29 Manager Choice	30 Manager Choice	31	1	2
							

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