

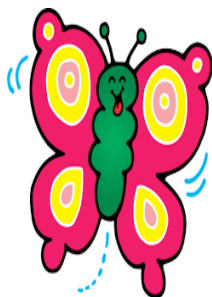
**\*Healthy tip of the Month:**

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 they can have - encouraging your family to chose 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 2019

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



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

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