



*Healthy tip of the Month: :

Start the day with a healthy breakfast. It refuels your body and gives you energy for the day. Let kids help plan one meal each week and eat together as often as possible. Eat slowly. It takes 20 minutes for your brain to register that you are full. Eat more vegetables and fresh fruits. Eat more whole grains (e.g., oats, brown rice, rye, crackers, whole-wheat pasta). Drink plenty of fluids. Choose water, low-fat or nonfat milk and low calorie or diet beverages. Serve a variety of foods.



Oasis Campus & Christa McAuliffe - Breakfast Menu – February 2019

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75 Breakfast is served Monday-Friday CME 7:45am-8:15am OES 8:00am-8:15am Middle School 7:10am-7:35am High School 6:40am-7:00am Start your day with a healthy breakfast.						1 Cereal Yogurt Pineapple Apple Juice	2
	3	4 Cereal Yogurt Pineapple Apple Juice	5 Pancake Wrap Peaches Orange Juice Syrup	6 Omelet Hash brown Orange Apple Juice	7 Cinnamon Roll Yogurt Orange Apple Juice	8 French Toast Sausage Peaches Syrup Apple Juice	9
	10	11 Bagel Orange Apple Juice Cream Cheese	12 Muffin Yogurt Peaches Orange Juice	13 Pancake Sausage Peaches Apple Juice Syrup	14 Pancake Wrap Pineapple Apple Juice Syrup	15 Cereal Yogurt Orange Apple Juice	16
	17	18 	Teacher in Service		21 Sausage, egg Burrito Peaches Apple Juice	22 Muffin Yogurt Peaches Apple Juice	23
	24	25 Muffin Yogurt Peaches Apple Juice	26 Turkey sausage & Cheese wrap Pineapple Apple Juice	27 English Muffin Sand. Egg, Sausage, Cheese Orange Apple Juice	28 Cereal Yogurt Peaches Apple Juice	1 Pancake Wrap Orange Apple Juice Syrup	2



*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.