




*Healthy tip of the Month:

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



Oasis Campus & Christa McAuliffe - Breakfast Menu – December 2017

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

*Available online to make payments or check account balances: myschoolbucks.com

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