

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

Eating Better. Tips to a healthy eating: Eat a variety of food, You need more than 40 different nutrients for good health and no single food can supply them all. **Enjoy plenty of fruits and vegetables,** Most of us do not eat enough of these foods either although they provide important protective nutrients. **Eat moderate portions - reduce, don't eliminate foods,** If you keep portion sizes reasonable, it's easier to eat all the foods you enjoy without having to eliminate any. **Eat regularly,** Skipping meals, especially breakfast, can lead to out-of-control hunger. **Get on the move,** As we have seen, too many calories and not enough activity can result in weight gain. Moderately physical activity helps burn off those extra calorie.



Oasis Campus & Christa McAuliffe - Breakfast Menu – April 2018

			Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	1	J	2 Cereal Yogurt Orange Apple Juice	3 Pancake Wrap Peaches Apple Juice Syrup	4 Chocolate Chip Muffin Yogurt Peaches Orange Juice	5 Frittata Hash Brown Pineapple Orange Juice	6 Cereal Yogurt Orange Apple Juice	7
Breakfast is served Monday-Friday	8	I	9 Cereal Yogurt Orange Grape Juice	10 English Muffin Egg, Ham, Cheese Sandwich Orange Apple Juice	11 Sausage Egg Burrito Peaches Apple Juice	12 Muffin Yogurt Peaches Apple Juice	13 Cereal Yogurt Orange Apple Juice	14
CME 7:45am-8:15am	15	C	16 Cereal Yogurt Apple Apple Juice	17 Cinnamon Roll Sausage Orange Apple Juice	18 Pancake wrap Peaches Orange Juice Syrup	19 Bagel Orange Apple Juice Cream cheese	20 French Toast Sausage Peaches Apple Juice Syrup	21
OES 8:00am-8:15am	22	B	23 Muffin Yogurt Peaches Apple Juice	24 Sausage Egg Burrito Pineapple Apple Juice	25 Cinnamon Raisin Bagel Peaches Apple Juice Cream Cheese	26 Cinnamon Roll Sausage Orange Apple Juice	27 Cereal Yogurt Orange Grape Juice	28
Middle School 7:10am-7:35am	29	A	30 Muffin Yogurt Peaches Orange Juice	1 Bagel Orange Apple Juice Cream Cheese	2 Pancake Wrap Pineapple Apple Juice Syrup	3 Cereal Yogurt Orange Apple Juice	4 Pancake Sausage Peaches Apple Juice Syrup	5
High School 6:40am-7:00am								
Start your day with a healthy breakfast.								



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