



\*Healthy tip of the Month: :

Does your child get enough [sleep](#)? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being [overweight](#). Sleep shortfalls may increase [hunger](#) hormones -- so kids eat more. Also, kids are less likely to get [exercise](#) (and burn off calories) when they're tired

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

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



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