





*Healthy tip of the Month: -

Eating Better. Breakfast Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

Oasis Campus & Christa McAuliffe - Breakfast Menu – March 2018

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	H				1 Muffin Yogurt Peaches Apple Juice	2 Omelet Sausage Orange Apple Juice	3
Breakfast is served Monday-Friday	4	5 Cereal Yogurt Orange Grape Juice	6 Cinnamon Raisin Bagel Peaches Apple Juice Cream Cheese	7 Sausage Egg Burrito Pineapple Apple Juice	8 Muffin Yogurt Peaches Apple Juice	9 Cinnamon Roll Sausage Orange Apple Juice	10
CME 7:45am-8:15am	B						
OES 8:00am-8:15am	11	12 Cereal Yogurt Apple Apple Juice	13 French Toast Sausage / Syrup Peaches Apple Juice	14 Bagel Orange Apple Juice Cream cheese	15 Cinnamon Roll Sausage Orange Apple Juice	16 Pancake wrap Peaches Orange Juice Syrup	17
Middle School 7:10am-7:35am	C						
High School 6:40am-7:00am	18						24
Start your day with a healthy breakfast.							
	25	26 Chocolate Chip Muffin Yogurt Peaches Apple Juice	27 Bagel Orange Apple Juice Cream Cheese	28 French Toast Sausage Pineapple Apple Juice Syrup	29 Cereal Yogurt Pineapple Apple Juice	30	31
	E						

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

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