

***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 2019

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	B	1 Cereal Yogurt Orange Apple Juice	2 Sausage, Egg Burrito Pineapple Apple Juice	3 Cinnamon Roll Sausage Sliced Apple Apple Juice	4 Muffin Yogurt Pineapple Apple Juice	5 Cinnamon Bagel Peaches Apple Juice Cream Cheese	6
Breakfast is served Monday-Friday	7	8 Chocolate Muffin Yogurt Peaches Apple Juice	9 French Toast Sausage Pineapple Apple Juice syrup	10 Cereal Yogurt Pineapple Apple Juice	11 Bagel Sliced Apple Apple Juice Cream Cheese	12 Scramble Egg Sausage Hash brown Orange Apple Juice	13
CME 7:45am-8:15am	E						
OES 8:00am-8:15am							
Middle School 7:10am-7:35am	14	15 Cereal Yogurt Peaches Apple Juice	16 Cinnamon Roll Sausage Pineapple Apple Juice	17 Muffin Yogurt Pineapple Apple Juice	18 Pancake Wrap Peaches Apple Juice Syrup	19 <i>Happy Good Friday</i>	20
High School 6:40am-7:00am	H						
Start your day with a healthy breakfast.	21	22 	23 Cereal Yogurt Orange Grape Juice	24 Sausage, Egg Burrito Peaches Apple Juice	25 Muffin Yogurt Peaches Apple Juice	26 English Muffin Sand. Ham, Egg, Cheese Orange Apple Juice	27
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	28	29 Muffin Yogurt Peaches Orange Juice	30 Cereal Yogurt Orange Apple Juice	1 Pancake Sausage Peaches Apple Juice Syrup	2 Bagel Orange Apple Juice Cream Cheese	3 Pancake Wrap Pineapple Apple Juice Syrup	4
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