



\*Healthy tip of the Month: :

**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 2019

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	F						2
Breakfast is served Monday-Friday	3	4	5	6	7	8	9
CME 7:45am-8:15am	J	Cereal Yogurt Orange Apple Juice	Chocolate Muffin Yogurt Peaches Orange Juice	Pancake Wrap Peaches Apple Juice Syrup	Frittata Hash brown Pineapple Orange Juice	Cereal Yogurt Orange Apple Juice	
OES 8:00am-8:15am							
Middle School 7:10am-7:35am	10	11	12	13	14	15	16
High School 6:40am-7:00am	G	Muffin Yogurt Peaches Apple Juice	Cinnamon Roll Sausage Pineapple Apple Juice	Cereal Yogurt Peaches Apple Juice	Scramble Egg Hash Brown Sausage Sliced apple Apple Juice	Professional Duty day	
Start your day with a healthy breakfast.	17						
	24 / 31	25	26	27	28	29	30
	D	Cereal Yogurt Pineapple Apple Juice	Cinnamon Bagel Orange Apple Juice Cream Cheese	Pancake Wrap Orange Apple Juice Syrup	Cereal Yogurt Orange Grape Juice	Frittata Hash brown Pineapple Apple Juice	



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