

*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				
		A																													
Additional Purchase Milk .75																															
Breakfast is served Monday-Friday																															
CME 7:45am-8:15am	4	E					5	Cereal Yogurt Pineapple Apple Juice				6	Bagel Orange Apple Juice				7	Scramble Egg Sausage Hash brown Orange Apple Juice						8	French Toast Sausage Pineapple Apple Juice syrup						
OES 8:00am-8:15am																													9		
Middle School 7:10am-7:35am	11	J					12	Cereal Yogurt Orange Apple Juice				13	Pancake Wrap Peaches Apple Juice				14	Chocolate Muffin Yogurt Peaches Orange Juice						15	Cereal Yogurt Orange Apple Juice						
High School 6:40am-7:00am																													16		
Start your day with a healthy breakfast.	18	H					19	Cereal Yogurt Peaches Apple Juice				20	Cinnamon Roll Sausage Pineapple Apple Juice															17			
	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
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