




\*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 2017

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	B			1 Cinnamon Raisin Bagel Peaches Apple Juice Cream Cheese	2 Breakfast Muffin Yogurt Peaches Apple Juice	3 Cinnamon Roll Sausage Orange Apple Juice	4
Breakfast is served Monday-Friday	5						
CME 7:45am-8:15am	E	6 Chocolate Chip Muffin Yogurt Peaches Apple Juice	7 Waffle Sausage Peaches Apple Juice Syrup	8 Bagel Orange Apple Juice Cream Cheese	9 Cereal Yogurt Pineapple Apple Juice	10 French Toast Sausage Pineapple Apple Juice Syrup	11
OES 8:00am-8:15am	12						
Middle School 7:10am-7:35am	G	13 Cereal Yogurt Peaches Apple Juice	14 Pancake Wrap Pineapple Apple Juice Syrup	15 Breakfast Muffin Yogurt Peaches Apple Juice	16 Egg w Hash Brown Sausage Orange Apple Juice	17 Cinnamon Roll Sausage Pineapple Apple Juice	18
High School 6:40am-7:00am	19						
Start your day with a healthy breakfast.	I	20 Cereal Yogurt Orange Grape Juice	21 Muffin Yogurt Peaches Apple Juice				25
	26						
	J	27 Cereal Yogurt Orange Apple Juice	28 Frittata Hash Brown Pineapple Orange Juice	29 Chocolate Chip Muffin Yogurt Peaches Orange Juice	30 Pancake Wrap Peaches Apple Juice Syrup	1 Cereal Yogurt Orange Apple Juice	2

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

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