

*Healthy tip of the Month:

Here are a few back to school tips to reduce stress and have a fantastic school year. Get enough sleep. Eat a healthy breakfast. Try your best. Use good work habits, like writing down your assignments and turning in your homework on time. Take your time with school work. If you don't understand something, ask someone. Keep a sense of humor.

Oasis Campus & Christa McAuliffe - Breakfast Menu - September 2018

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

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

This institution is an equal opportunity provider.