

*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 2019

	Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75					1 Cinnamon Bun Sausage Pineapple Apple Juice	2
Breakfast is served Monday-Friday						
3 CME 7:45am-8:15am	4 Cereal Yogurt Applesauce Orange Juice	5 French Toast Sausage Pineapple Apple Juice Syrup	6 Bagel Orange Apple Juice Cream Cheese	7 Scramble Egg Sausage Hash Brown Peaches Orange Juice	8 Chocolate Muffin Yogurt Peaches Apple Juice	9
E OES 8:00am-8:15am						
10 Middle School 7:10am-7:35am	11	12 Muffin Yogurt Applesauce Apple Juice	13 Frittata Hash Brown Pineapple Apple Juice	14 Waffle Sausage Peaches Apple Juice Syrup	15 Cereal Yogurt Orange Grape Juice	16
D High School 6:40am-7:00am						
Start your day with a healthy breakfast.						
17 Breakfast \$2.25	18 Cereal Yogurt Applesauce Orange Juice	19 Pancake Wrap Peaches Orange Juice Syrup	20 Chocolate Muffin Yogurt Peaches Orange Juice	21 Bagel Orange Apple Juice Cream Cheese	22 Cinnamon Bun Sausage Pineapple Apple Juice	23
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