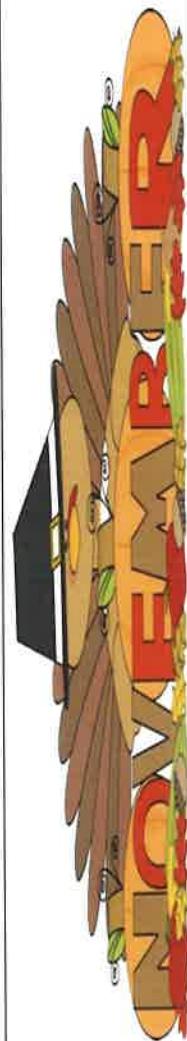


*Healthy tip of the Month:

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	B				2
Breakfast is served Monday-Friday					
CME 7:45am-8:15am	3	E			9
OES 8:00am-8:15am					
Middle School 7:10am-7:35am	10	D			
High School 6:40am-7:00am					
Start your day with a healthy breakfast.					
Breakfast \$2.25		H			23
					24



*Available online to make payments or check account balances: myschoolbucks.com
This institution is an equal opportunity provider.