

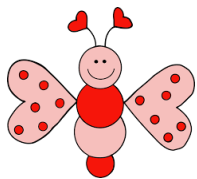
*Healthy tip of the Month: -

Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.



Oasis Campus & Christa McAuliffe - Breakfast Menu – February 2018

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	G				1 Pancake Wrap Pineapple Apple Juice Syrup	2 Cereal Yogurt Peaches Apple Juice	3
Breakfast is served Monday-Friday	4						
CME 7:45am-8:15am	A	5 Muffin Yogurt Peaches Orange Juice	6 Pancake Wrap Pineapple Apple Juice Syrup	7 Bagel Orange Apple Juice Cream Cheese	8 Pancake Sausage Peaches Apple Juice Syrup	9 Cereal Yogurt Orange Apple Juice	10
OES 8:00am-8:15am	11						
Middle School 7:10am-7:35am	F	12 Cereal Yogurt Peaches Apple Juice	13 Bagel Cream Cheese Orange Apple Juice	14 Pancake Wrap Orange Apple Juice Syrup	15 English Muffin Egg, cheese Sausage Sand. Orange Apple Juice	16 Muffin Yogurt Peaches Apple Juice	17
High School 6:40am-7:00am	18						
Start your day with a healthy breakfast.	J	19 	20 Teacher in Service Day	21 Chocolate Chip Muffin Yogurt Peaches Orange Juice	22 Frittata Hash Brown Pineapple Orange Juice	23 Pancake Wrap Peaches Apple Juice Syrup	24
	25						
	H	26 Cereal Yogurt Peaches Apple Juice	27 Pancake Wrap Peaches Apple Juice Syrup	28 Cinnamon Roll Sausage Pineapple Apple Juice	1 Muffin Yogurt Peaches Apple Juice	2 Omelet Sausage Orange Apple Juice	3



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

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