



\*Healthy tip of the Month:

**Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

## Oasis Campus & Christa McAuliffe - Breakfast Menu – January 2018

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75							6
Breakfast is served Monday-Friday	7	8	9	10	11	12	13
CME 7:45am-8:15am	D	Cereal Yogurt Pineapple Apple Juice	Cinnamon Bagel Orange Apple Juice Cream Cheese	Pancake Wrap Orange Apple Juice Syrup	Cereal Yogurt Orange Grape Juice	Frittata Hash brown Pineapple Orange Juice	
OES 8:00am-8:15am	14	15	16	17	18	19	20
Middle School 7:10am-7:35am	C		Cereal Yogurt Apple Apple Juice	French Toast Sausage / Syrup Peaches Apple Juice	Pancake wrap Peaches Orange Juice Syrup	Cinnamon Roll Sausage Orange Apple Juice	
High School 6:40am-7:00am	21	22	23	24	25	26	27
Start your day with a healthy breakfast.	I	Cereal Yogurt Orange Grape Juice	Sausage Egg Burrito Peaches Apple Juice	Muffin Yogurt Peaches Apple Juice	English Muffin Egg, Ham, Cheese Sandwich Orange Apple Juice	Cereal Yogurt Orange Apple Juice	
	28	29	30	31	1	2	3
	G	Muffin Yogurt Peaches Apple Juice	Cinnamon Roll Sausage Pineapple Apple Juice	Scramble Egg Hash Brown Sausage Orange Apple Juice	Pancake Wrap Pineapple Apple Juice Syrup	Cereal Yogurt Peaches Apple Juice	



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

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