

*Healthy tip of the Month: : **Get your entire family involved**

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association



Oasis Campus & Christa McAuliffe - Breakfast Menu – October 2018

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	30 I	1 Cereal Yogurt Orange Grape Juice	2 Sausage, Egg Burrito Peaches Apple Juice	3 English Muffin Sand. Ham, Egg, Cheese Orange Apple Juice	4 Muffin Yogurt Peaches Apple Juice	5 Cereal Yogurt Orange Apple Juice	6
Breakfast is served Monday-Friday	7 J	8 Cereal Yogurt Orange Apple Juice	9 Pancake Wrap Peaches Apple Juice Syrup	10 Chocolate Muffin Yogurt Peaches Orange Juice	11 Cereal Yogurt Orange Apple Juice	12 Frittata Hash brown Pineapple Orange Juice	13
CME 7:45am-8:15am							
OES 8:00am-8:15am	14 F	15 Professional Duty Day	16 Cereal Yogurt Peaches Apple Juice	17 Turkey sausage & Cheese wrap Orange Apple Juice	18 Muffin Yogurt Peaches Apple Juice	19 English Muffin Sand. Egg, Sausage, Cheese Orange Apple Juice	20
Middle School 7:10am-7:35am							
High School 6:40am-7:00am	21 C	22 Pancake wrap Peaches Orange Juice Syrup	23 Omelet with Sausage Orange Apple Juice	24 Cereal Yogurt Apple Apple Juice	25 Cinnamon Roll Sausage Orange Apple Juice	26 French Toast Sausage Peaches Apple Juice	27
Start your day with a healthy breakfast.	28 A	29 Cereal Yogurt Orange Apple Juice	30 Pancake Wrap Pineapple Apple Juice Syrup	31 Bagel Orange Apple Juice Cream Cheese	1 Muffin Yogurt Peaches Orange Juice	2 Pancake Sausage Peaches Apple Juice Syrup	3



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