

*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 2017

		Mon	Tue	Wed	Thu	Fri	Sat	
Additional Purchase Milk .75	B			1 Cinnamon Raisin Bagel Peaches Apple Juice Cream Cheese	2 Breakfast Muffin Yogurt Peaches Apple Juice	3 Cinnamon Roll Sausage Orange Apple Juice	4	
Breakfast is served Monday-Friday	5			6 Chocolate Chip Muffin Yogurt Peaches Apple Juice	7 Waffle Sausage Peaches Apple Juice Syrup	8 Bagel Orange Apple Juice Cream Cheese	9 Cereal Yogurt Pineapple Apple Juice	10 French Toast Sausage Pineapple Apple Juice Syrup
CME 7:45am-8:15am	E	12 Cereal Yogurt Peaches Apple Juice	13 Cereal Yogurt Peaches Apple Juice	14 Pancake Wrap Pineapple Apple Juice Syrup	15 Breakfast Muffin Yogurt Peaches Apple Juice	16 Egg w Hash Brown Sausage Orange Apple Juice	17 Cinnamon Roll Sausage Pineapple Apple Juice	18
OES 8:00am-8:15am	G	19 Cereal Yogurt Orange Grape Juice	20 Cereal Yogurt Orange Grape Juice	21 Muffin Yogurt Peaches Apple Juice			25	
Middle School 7:10am-7:35am	I	26 Cereal Yogurt Orange Apple Juice	27 Cereal Yogurt Orange Apple Juice	28 Frittata Hash Brown Pineapple Orange Juice			29 Chocolate Chip Muffin Yogurt Peaches Orange Juice	30 Pancake Wrap Peaches Apple Juice Syrup
High School 6:40am-7:00am	J							

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

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