

***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 2016



Additional
Purchase
Milk .75

Breakfast is
served
Monday-Friday

CME
7:45 am—8:15
am




OES
7:30am-8:15am

Middle School
7:10am-7:35am

High School
6:40am-7:00 m

Start your day
with a healthy
breakfast.



	Mon	Tue	Wed	Thu	Fri	Sat
H		1 Pancake wrap Peaches Apple Juice	2 Omelet Sausage Orange Apple Juice	3 Muffin Yogurt Peaches Apple Juice	4 Cinnamon Roll Sausage Pineapple Apple Juice	5
6	7 Cereal Yogurt Orange Grape Juice	8 French Toast Sausage / Syrup Peaches Apple Juice	9 Bagel Orange Apple Juice Cream cheese	10 Cinnamon Roll Sausage Orange Apple Juice	11 	12
C						
13	14 Cereal Yogurt Peaches Apple Juice	15 Pancake Wrap Pineapple Apple Juice Syrup	16 Muffin Yogurt Peaches Apple Juice	17 Scramble egg Sausage Hash browns Orange / Apple Juice	18 Cinnamon Roll Sausage Pineapple Apple Juice	19
G						
20	21 Cereal Yogurt Orange Grape Juice	22 Frittata Hash browns Pineapple Orange Juice	23	24	25	26
D						
27	28 Cereal Yogurt Orange Grape Juice	29 Cinnamon Roll Sausage Orange Apple Juice	30 Sausage, Egg Burrito Pineapple Apple Juice	1 Muffin Yogurt Peaches Apple Juice	2 Cinnamon Bagel Peaches Apple Juice Cream Cheese	3
B						

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

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