

***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.



Oasis Campus & Christa McAuliffe - Breakfast Menu – October 2016



Additional Purchase Milk .75	Mon	Tue	Wed	Thu	Fri	Sat 1
Breakfast is served Monday-Friday	2 A	3 No school	4 Cereal Yogurt Orange Grape Juice	5 Pancake Wrap Pineapple Apple Juice	6 Bagel Orange Apple Juice Cream cheese	7 Pancake Sausage Peaches Apple Juice
CME 7:45 am—8:15 am OES 7:30am-8:15am	9 E	10 Cereal Yogurt Pineapple Apple Juice	11 Waffle Sausage Peaches Apple Juice	12 Bagel Orange Apple Juice Cream cheese	13 French Toast Sausage Pineapple Apple Juice	14 Muffin Yogurt Peaches Apple Juice
Middle School 7:10am-7:35am	16 J	17 Professional Duty Day	18 Cereal Yogurt Orange Apple Juice	19 Pancake Wrap Peaches Apple Juice	20 Muffin Yogurt Peaches Orange Juice	21 Frittata Hash brown Pineapple Orange Juice
High School 6:40am-7:00 m	23 I	24 Cereal Yogurt Orange Grape Juice	25 Waffle Sausage Mandarin Oranges Apple Juice	26 Muffin Yogurt Peaches Apple Juice	27 English Muffin Sandwich Orange Apple Juice	28 Cereal Yogurt Orange Apple Juice
Start your day with a healthy breakfast.	30 H	31 Cereal Yogurt Peaches/Apple Juice	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
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