

***Healthy tip of the month :** Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Instead of banning foods, talk about all the healthy, nutritional options they can have - encouraging your family to choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.

Oasis Campus & Christa McAuliffe - Breakfast Menu – May 2017

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-7:00am

**Start your day
with a healthy
breakfast.**



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



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

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