

***Healthy tip of the Month:**

Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy. It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kid's attention span, concentration, and memory, which they need to learn in school.

Oasis Campus & Christa McAuliffe - Breakfast Menu – August 2017

	Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75						5
Breakfast is served Monday-Friday	6	7	8	9	10	12
CME 7:45am-8:15am	B				Cereal Yogurt Orange Grape Juice	Cinnamon Roll Sausage Orange Apple Juice
OES 7:30am-8:15am	13	14	15	16	17	18
Middle School 7:10am-7:35am	J	Cereal Yogurt Orange Apple Juice	Pancake Wrap Peaches Apple Juice Syrup	Chocolate Chip Muffin Yogurt Peaches Orange Juice	Frittata Hash Brown Pineapple Orange Juice	Cereal Yogurt Orange Apple Juice
High School 6:40am-7:00am	20	21	22	23	24	25
Start your day with a healthy breakfast.	G	Cereal Yogurt Peaches Apple Juice	Cinnamon Roll Sausage Pineapple Apple Juice	Scramble Egg Hash Brown Sausage Orange Apple Juice	Pancake Wrap Pineapple Apple Juice Syrup	Breakfast Muffin Yogurt Peaches Apple Juice
	27	28	29	30	31	1
	F	Cereal Yogurt Peaches Apple Juice	English Muffin Egg, cheese Sausage Sand. Orange Apple Juice	Breakfast Muffin Yogurt Peaches Apple Juice	Bagel Cream Cheese Orange Apple Juice	Pancake Wrap Orange Apple Juice Syrup

Back to School



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