

***Healthy tip of the month : Eating fruit provides healthy benefits.** People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Oasis Campus & Christa McAuliffe - Breakfast Menu – December 2016

Additional Purchase Milk .75		Mon	Tue	Wed	Thu	Fri	Sat	
Breakfast is served Monday-Friday	B				1 Muffin Yogurt Peaches Apple Juice	2 Cinnamon Bagel Peaches Apple Juice Cream Cheese	3	
CME 7:45 am—8:15 am OES 7:30am-8:15am	4 C	5 Cereal Yogurt Apple Grape Juice	6 French Toast Sausage Peaches Apple Juice	7 Pancake wrap Peaches Orange Juice Syrup	8 Bagel Orange Apple Juice Cream Cheese	9 Cinnamon Roll Sausage Orange Apple Juice	10	
Middle School 7:10am-7:35am	11 E	12 Cereal Yogurt Pineapple Apple Juice	13 Bagel Orange Apple Juice Cream Cheese	14 Waffle Sausage Peaches Apple juice	15 Muffin Yogurt Peaches Apple Juice	16 French Toast Sausage Pineapple Apple Juice	17	
High School 6:40am-7:00 m	18 H	19 Cereal Yogurt Peaches Apple Juice	20 Pancake Wrap Peaches Apple Juice Syrup	21 Cinnamon Roll Sausage Pineapple Apple Juice	22 Muffin Yogurt Peaches Apple Juice	23 Professional Duty Day	24	
Start your day with a healthy breakfast.		25	26				30	31



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