

***Healthy tip of the month :** Start the day with a healthy breakfast. It refuels your body and gives you energy for the day. Let kids help plan one meal each week and eat together as often as possible. Eat slowly. It takes 20 minutes for your brain to register that you are full. Eat more vegetables and fresh fruits. Eat more whole grains (e.g., oats, brown rice, rye, crackers, whole-wheat pasta). Drink plenty of fluids. Choose water, low-fat or nonfat milk and low calorie or diet beverages. Serve a variety of foods.

Oasis Campus & Christa McAuliffe - Breakfast Menu – February 2017

Additional Purchase Milk .75	Mon	Tue	Wed	Thu	Fri	Sat	
Breakfast is served Monday-Friday	G			1 Pancake Wrap Pineapple Apple Juice Syrup	2 Egg with Hash brown Sausage Link Orange Apple Juice	3 Cinnamon Roll Sausage Link Pineapple Apple Juice	4
CME 7:45 am—8:15 am	5	6	7	8	9	10	11
OES 7:30am-8:15am	C	Cereal Yogurt Orange Apple Juice	French Toast Sausage Patty Peaches / Syrup Apple Juice	Bagel Orange Apple Juice Cream cheese	Cinnamon Roll Sausage Link Orange Apple Juice	Pancake Wrap Peaches Apple Juice Syrup	
Middle School 7:10am-7:35am	12	13	14	15	16	17	18
High School 6:40am-7:00 m	H	Cereal Yogurt Peaches Apple Juice	Pancake Wrap Peaches Apple Juice Syrup	Cinnamon Roll Sausage Link Pineapple Apple Juice	Muffin Yogurt Peaches Apple Juice	Omelet Sausage Link Orange Apple Juice	
Start your day with a healthy	19	20	21	22	23	24	25
	I	 President's Day	Teacher in Service	Cereal Yogurt Orange Grape Juice	English Muffin Sandwich Orange Apple Juice	Muffin Yogurt Peaches Apple Juice	
	26	27	28	1	2	3	4
	E	Cereal Yogurt Pineapple Apple Juice	Waffle Sausage Patty Peaches / Syrup Apple Juice	Bagel Orange Apple Juice Cream cheese	French Toast Sausage Patty Pineapple / Syrup Apple Juice	Muffin Yogurt Peaches Apple Juice	

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

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