




***Healthy tip of the month : Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

Oasis Campus & Christa McAuliffe - Breakfast Menu – January 2017

Additional Purchase Milk .75	Mon		Tue		Wed		Thu		Fri		Sat	
Breakfast is served Monday-Friday	1	2							6	7		
CME 7:45 am—8:15 am OES 7:30am-8:15am	8	9	10	11	12	13	14					
Middle School 7:10am-7:35am	A	Cereal Yogurt Orange Grape Juice	Pancake Wrap Pineapple Apple Juice	Bagel Orange Apple Juice Cream Cheese	Pancake Sausage Peaches Apple Juice	Muffin Yogurt Peaches Orange Juice						
High School 6:40am-7:00 m	15	16	17	18	19	20	21					
Start your day with a healthy breakfast.	J		Cereal Yogurt Orange Apple Juice	Muffin Yogurt Peaches Orange Juice	Pancake Wrap Peaches Apple Juice	Frittata Hash brown Pineapple Orange Juice						
	22	23	24	25	26	27	28					
	F	Cereal Yogurt Peaches Apple Juice	Bagel Orange Apple Juice Cream Cheese	English Muffin Sand. Orange Apple Juice	Breakfast Muffin Yogurt Peaches Apple Juice	Pancake Wrap Orange Apple Juice Syrup						
	29	30	31	1	2	3	4					
	G	Cereal Yogurt Peaches Apple Juice	Breakfast Muffin Yogurt Peaches Apple Juice	Pancake Wrap Pineapple Apple Juice Syrup	Egg with Hash brown Sausage Orange Apple Juice	Cinnamon Roll Sausage Pineapple Apple Juice						



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

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