



**\*Healthy tip of the month :** Diet is one of the key lifestyle factors that can be controlled when it comes to reducing [heart](#) disease risk. Children, adolescents and adults can benefit from a heart-healthy diet full of fruits and vegetables with limits on the sugar, sodium, saturated fat, Trans fat and cholesterol they eat.

## Oasis Campus & Christa McAuliffe - Breakfast Menu – April 2017

Additional Purchase Milk .75		Mon	Tue	Wed	Thu	Fri	Sat
							1
Breakfast is served Monday-Friday	2 D	3 Cereal Yogurt Orange Grape Juice	4 Frittata Hash brown Pineapple Orange Juice	5 Pancake Wrap Orange Apple Juice Syrup	6 Cereal Yogurt Pineapple Apple Juice	7 Cinnamon Bagel Orange Apple Juice Cream Cheese	8
CME 7:45 am-8:15 am OES 7:30am-8:15am	9						15
Middle School 7:10am-7:35am	16	17	18	19	20	21	22
High School 6:40am-7:00am	I	No School	Cereal Yogurt Orange Apple Juice	Waffles Sausage Mandarin Orange Apple Juice / Syrup	Breakfast Muffin Yogurt Peaches Apple Juice	English Muffin Sandwich Ham, Egg, Cheese Orange / Apple Juice	
Start your day with a healthy breakfast.	23 C	24 Cereal Yogurt Apple Grape Juice	25 Pancake wrap Peaches Orange Juice Syrup	26 French Toast Sausage / Syrup Peaches Apple Juice	27 Cinnamon Roll Sausage Orange Apple Juice	28 Bagel Orange Apple Juice Cream cheese	29
	30 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	

\*Available online to make payments or check account balances: [myschoolbucks.com](https://myschoolbucks.com)

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