

*Healthy tip of the Month:

Eating Better. Breakfast Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

Oasis Campus & Christa McAuliffe - Breakfast Menu – March 2020

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	1	2	3	4	5	6	7
Breakfast is served Monday-Friday	H	Cereal Yogurt Applesauce Orange Juice	Bagel Orange Apple Juice Cream Cheese	Pancake Wrap Peaches Orange Juice Syrup	Cinnamon Bun Sausage Pineapple Apple Juice	Chocolate Muffin Yogurt Peaches Orange Juice	
CME 7:45am-8:15am	8	9	10	11	12	13	14
OES 8:00am-8:15am	C	Cereal Yogurt Applesauce Apple Juice	Mini Cinni Yogurt Orange Apple Juice	Turkey Sausage & Cheese wrap Orange Apple Juice	French Toast Sausage Peaches Apple Juice Syrup	Professional duty day	
Middle School 7:10am-7:35am	15						
High School 6:40am-7:00am	1						
Start your day with a healthy breakfast.	22	23	24	25	26	27	28
Breakfast \$2.25	J	Cereal Yogurt Orange Apple Juice	Chocolate Muffin Yogurt Peaches Apple Juice	Pancake wrap Peaches Apple Juice Syrup	Frittata Hash Brown Pineapple Orange Juice	French Toast Sausage Pineapple Apple Juice Syrup	
	29	30	31	1	2	3	4
	D	Cinnamon Bagel Sliced Apple Apple Juice Cream cheese	Frittata Hash Brown Pineapple Apple Juice	Waffle Sausage Peaches Apple Juice Syrup	Muffin Yogurt Applesauce Apple Juice	Cereal Yogurt Orange Grape Juice	



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