



*Healthy tip of the Month:

Does your child get enough [sleep](#)? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being [overweight](#). Sleep shortfalls may increase [hunger](#) hormones -- so kids eat more. Also, kids are less likely to get [exercise](#) (and burn off calories) when they're tired.

Oasis Campus & Christa McAuliffe - Breakfast Menu – November 2019

		Mon	Tue	Wed	Thu	Fri	Sat	
Additional Purchase Milk .75	B					1 Cinnamon Bun Sausage Pineapple Apple Juice	2	
Breakfast is served Monday-Friday								
CME 7:45am-8:15am	3	E	4 Cereal Yogurt Applesauce Orange Juice	5 French Toast Sausage Pineapple Apple Juice Syrup	6 Bagel Orange Apple Juice Cream Cheese	7 Scramble Egg Sausage Hash Brown Peaches Orange Juice	8 Chocolate Muffin Yogurt Peaches Apple Juice	9
OES 8:00am-8:15am								
Middle School 7:10am-7:35am	10	D	11 	12 Muffin Yogurt Applesauce Apple Juice	13 Frittata Hash Brown Pineapple Apple Juice	14 Waffle Sausage Peaches Apple Juice Syrup	15 Cereal Yogurt Orange Grape Juice	16
High School 6:40am-7:00am								
Start your day with a healthy breakfast.	17	H	18 Cereal Yogurt Applesauce Orange Juice	19 Pancake Wrap Peaches Orange Juice Syrup	20 Chocolate Muffin Yogurt Peaches Orange Juice	21 Bagel Orange Apple Juice Cream Cheese	22 Cinnamon Bun Sausage Pineapple Apple Juice	23
Breakfast \$2.25								



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