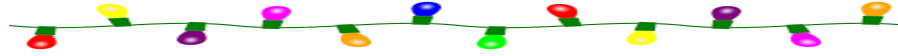


*Healthy tip of the Month:



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Oasis Campus & Christa McAuliffe - Breakfast Menu – December 2019

			Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	1	A	2 Cereal Yogurt Peaches Apple Juice	3 Bagel Orange Apple Juice Cream cheese	4 Pancake Wrap Pineapple Apple Juice Syrup	5 Pancakes Sausage Peaches Apple Juice Syrup	6 Muffin Yogurt Orange Orange Juice	7
Breakfast is served Monday-Friday								
CME 7:45am-8:15am	8	I	9 Sausage, Egg Burrito Peaches Apple Juice	10 Muffin Yogurt Peaches Apple Juice	11 English Muffin Sand. Egg, Ham & Cheese Orange Apple Juice	12 Waffle Sausage Peaches Apple Juice Syrup	13 Cereal Yogurt Orange Apple Juice	14
OES 8:00am-8:15am								
Middle School 7:10am-7:35am	15	C	16 Cereal Yogurt Applesauce Apple Juice	17 French Toast Sausage Peaches Apple Juice Syrup	18 Mini Cinni Yogurt Orange Apple Juice	19 Pancake Wrap Peaches Orange Juice Syrup	20 Turkey Sausage & Cheese wrap Orange Apple Juice	21
High School 6:40am-7:00am								
Start your day with a healthy breakfast.	22							

Breakfast
\$2.25



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