

*Healthy tip of the Month:

Here are a few tips to reduce stress and have a fantastic school year. Get enough sleep. Eat a healthy breakfast. Try your best. Use good work habits, like writing down your assignments and turning in your homework on time. Take your time with school work. If you don't understand something, ask someone. Keep a sense of humor.

Oasis Campus & Christa McAuliffe - Breakfast Menu – September 2019

			Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	1	A		3 Muffin Yogurt Peaches Orange Juice	4 Pancake Wrap Pineapple Apple Juice Syrup	5 Cereal Yogurt Orange Apple Juice	6 Pancakes Sausage Peaches Apple Juice Syrup	7
Breakfast is served Monday-Friday								
CME 7:45am-8:15am	8	C	9 Cereal Yogurt Applesauce Apple Juice	10 French Toast Sausage Peaches Apple Juice Syrup	11 Cinnamon roll Yogurt Orange Apple Juice	12 Turkey Sausage & Cheese wrap Orange Apple Juice	13 Pancake Wrap Peaches Orange Juice Syrup	14
OES 8:00am-8:15am								
Middle School 7:10am-7:35am	15	H	16 Cereal Yogurt Applesauce Orange Juice	17 Cinnamon Bun Sausage Pineapple Apple Juice	18 Pancake wrap Peaches Orange Juice Syrup	19 Bagel Orange Apple Juice Cream Cheese	20 Chocolate Muffin Yogurt Peaches Orange Juice	21
High School 6:40am-7:00am								
Start your day with a healthy breakfast.	22	I	23 Muffin Yogurt Peaches Apple Juice	24 Sausage, Egg Burrito Peaches Apple Juice	25 English Muffin Ham, Egg & Cheese Sandwich Orange Apple Juice	26 Waffle Sausage Peaches Apple Juice Syrup	27 Cereal Yogurt Orange Apple Juice	28
Breakfast \$2.25								
	29							



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