

*Healthy tip of the Month: : **Get your entire family involved**

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association



Oasis Campus & Christa McAuliffe - Breakfast Menu – October 2019

| | | Mon | Tue | Wed | Thu | Fri | Sat | |
|---|----|---|--|---|---|---|--|----|
| Additional Purchase Milk .75 | J |  | 1 Chocolate Muffin Yogurt Peaches Apple Juice | 2 Frittata Hash brown Pineapple Orange Juice | 3 Cereal Yogurt Orange Apple Juice | 4 French Toast Sausage Pineapple Apple Juice Syrup | 5 | |
| Breakfast is served Monday-Friday | | | | | | | | |
| CME 7:45am-8:15am | 6 | G | 7 Cereal Yogurt Peaches Apple Juice | 8 Scramble Egg Sausage Hash brown Sliced apple Orange Juice | 9 Cinnamon Roll Yogurt Pineapple Orange Juice | 10 Pancake Wrap Pineapple Apple Juice Syrup | 11 Muffin Yogurt Peaches Apple Juice | 12 |
| OES 8:00am-8:15am | | | | | | | | |
| Middle School 7:10am-7:35am | 13 | F | 14  | 15 Cereal Yogurt Peaches Apple Juice | 16 Turkey sausage & Cheese wrap Orange Apple Juice | 17 English Muffin Sand. Egg, Sausage, Cheese Pineapple Orange Juice | 18 Muffin Yogurt Peaches Apple Juice | 19 |
| High School 6:40am-7:00am | | | | | | | | |
| Start your day with a healthy breakfast. | 20 | D | 21 Muffin Yogurt Applesauce Apple Juice | 22 Frittata Hash brown Pineapple Apple Juice | 23 Cinnamon Bagel Sliced Apple Apple Juice Cream Cheese | 24 Cereal Yogurt Orange Grape Juice | 25 Waffle Sausage Peaches Apple Juice Syrup | 26 |
| Breakfast \$2.25 | | | | | | | | |
|  | 27 | B | 28 Cereal Yogurt Sliced apple Grape Juice | 29 Bagel Peaches Orange Juice Cream Cheese | 30 Sausage, Egg Burrito Pineapple Apple Juice | 31 Muffin Yogurt Peaches Apple Juice | 1 Cinnamon Bun Sausage Pineapple Apple Juice | |

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