

***Healthy tip of the Month:**

Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy. It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kid's attention span, concentration, and memory, which they need to learn in school.

Oasis Campus & Christa McAuliffe - Breakfast Menu – August 2019

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



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