


\*Healthy tip of the Month:

Start the day with a healthy breakfast. It refuels your body and gives you energy for the day. Let kids help plan one meal each week and eat together as often as possible. Eat slowly. It takes 20 minutes for your brain to register that you are full. Eat more vegetables and fresh fruits. Eat more whole grains (e.g., oats, brown rice, rye, crackers, whole-wheat pasta). Drink plenty of fluids. Choose water, low-fat or nonfat milk and low calorie or diet beverages. Serve a variety of foods.

## Oasis Campus & Christa McAuliffe - Breakfast Menu – February 2020

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



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