




*Healthy tip of the Month:

Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity.

Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.



Oasis Campus & Christa McAuliffe - Breakfast Menu – January 2020

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75							4
Breakfast is served Monday-Friday							
CME 7:45am-8:15am	5 J	6 Hurricane Makeup Day	7 Professional Duty Day	8 Chocolate Muffin Yogurt Peaches Apple Juice	9 Pancake wrap Peaches Apple Juice Syrup	10 French Toast Sausage Pineapple Apple Juice Syrup	11
OES 8:00am-8:15am							
Middle School 7:10am-7:35am	12 D	13 Cinnamon Bagel Sliced Apple Apple Juice Cream cheese	14 Muffin Yogurt Applesauce Apple Juice	15 Frittata Hash Brown Pineapple Apple Juice	16 Waffle Sausage Peaches Apple Juice Syrup	17 Cereal Yogurt Orange Grape Juice	18
High School 6:40am-7:00am							
Start your day with a healthy breakfast.	19 E	20 	21 Cereal Yogurt Applesauce Orange Juice	22 French Toast Sausage Pineapple Apple Juice Syrup	23 Scramble Egg Sausage Hash Brown Peaches Orange Juice	24 Chocolate Muffin Yogurt Peaches Apple Juice	25
Breakfast \$2.25							
	26 H	27 Cereal Yogurt Applesauce Orange Juice	28 Pancake Wrap Peaches Orange Juice Syrup	29 Bagel Orange Apple Juice Cream Cheese	30 Chocolate Muffin Yogurt Peaches Orange Juice	31 Cinnamon Bun Sausage Pineapple Apple Juice	

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

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