

*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 2017

		Mon	Tue	Wed	Thu	Fri	Sat	
Additional Purchase Milk .75	F						1 Pancake Wrap Orange Apple Juice Syrup	2
Breakfast is served Monday-Friday	3						4	5
CME 7:45am-8:15am	H		Cereal Yogurt Peaches Apple Juice	Cinnamon Roll Sausage Pineapple Apple Juice	Pancake Wrap Peaches Apple Juice Syrup	Omelet Sausage Orange Apple Juice		
OES 8:00am-8:15am	D	11 Cereal Yogurt Orange Grape Juice	12 Frittata Hash brown Pineapple Orange Juice	13 Cereal Yogurt Pineapple Apple Juice	14 Cinnamon Bagel Orange Apple Juice Cream Cheese	15 Pancake Wrap Orange Apple Juice Syrup	16	
Middle School 7:10am-7:35am								
High School 6:40am-7:00am	C	18 Bagel Orange Apple Juice Cream Cheese	19 Cinnamon Roll Sausage Orange Apple Juice	20 Pancake wrap Peaches Orange Juice Syrup	21 School Closed	22 French Toast Sausage / Syrup Peaches Apple Juice	23	
Start your day with a healthy breakfast.								
	E	24 25 Cereal Yogurt Pineapple Apple Juice	26 Bagel Orange Apple Juice Cream Cheese	27 French Toast Sausage Pineapple Apple Juice Syrup	28 Chocolate Chip Muffin Yogurt Peaches Apple Juice	29 Waffle Sausage Peaches Apple Juice Syrup	30	

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

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