

***Healthy tip of the month :** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetable. Make half of your plate fruits and vegetable, fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Watch portion sizes, get out the measuring cups and see how close your portions are to the recommended serving size. Fix healthy snacks, healthy snacks can sustain your energy level between meals. Preparing foods at home can be healthy, rewarding and cost-effective. Quench your thirst by drinking water instead of sugary drinks. Cut back on sugars, foods with added sugars can contribute empty calories and little or no nutrition. Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.



Oasis Campus & Christa McAuliffe - Breakfast Menu – March 2017

Additional
Purchase
Milk .75

Breakfast is served
Monday-Friday

CME
7:45 am-8:15 am
OES
7:30am-8:15am

Middle School
7:10am-7:35am

High School
6:40am-7:00am

Start your day
with a healthy
breakfast.



March 6 thru 10
National School
Breakfast Week

	Mon	Tue	Wed	Thu	Fri	Sat
E			1 Bagel Orange Apple Juice Cream cheese	2 French Toast Sausage Patty Pineapple / Syrup Apple Juice	3 Muffin Yogurt Peaches Apple Juice	4
5	6 Cereal Yogurt Orange Grape Juice	7 Pancake Wrap Pineapple Apple Juice	8 Bagel Orange Apple Juice Cream cheese	9 Muffin Yogurt Peaches Orange Juice	10 Pancake Sausage Peaches Apple Juice	11
A						
B	12 Cereal Yogurt Orange Grape Juice	13 Cinnamon Roll Sausage Orange Apple Juice	14 Muffin Yogurt Peaches Apple Juice	15 Cinnamon Bagel Peaches Apple Juice Cream Cheese	16 Professional Duty Day	17
I	18 Cereal Yogurt Orange Grape Juice	19 Waffle Sausage Mandarin Oranges Apple Juice	20 Muffin Yogurt Peaches Apple Juice	21 English Muffin Sandwich Orange Apple Juice	22 Cereal Yogurt Orange Apple Juice	23
G	24 Cereal Yogurt Peaches Apple Juice	25 Pancake Wrap Pineapple Apple Juice Syrup	26 Egg with Hash brown Sausage Orange Apple Juice	27 Breakfast Muffin Yogurt Peaches Apple Juice	28 Cinnamon Roll Sausage Pineapple Apple Juice	29

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