




***Healthy tip of the month :** Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.

Oasis Campus & Christa McAuliffe - Breakfast Menu – September 2016

	Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	B					
Breakfast is served Monday-Friday				1 Breakfast Muffin Yogurt Peaches Apple Juice	2 Cinnamon Bagel Peaches Apple Juice Cream Cheese	3
CME 7:45 am—8:15 am OES 7:30am-8:15am	4 D	5 	6 Cereal Yogurt Orange Grape Juice	7 Frittata Hash brown Pineapple Orange Juice	8 Pancake Wrap Orange Apple Juice Syrup	9 Cinnamon Bagel Orange Apple Juice Cream Cheese
Middle School 7:10am-7:35am	11 F	12 Cereal Yogurt Peaches Apple Juice	13 Bagel Orange Apple Juice Cream Cheese	14 English Muffin Sand. Orange Apple Juice	15 Breakfast Muffin Yogurt Peaches Apple Juice	16 Pancake Wrap Orange Apple Juice Syrup
High School 6:40am-7:00 m						17
Start your day with a healthy breakfast.	18 H	19 Cereal Yogurt Peaches Apple Juice	20 Cinnamon Roll Sausage Pineapple Apple Juice	21 Pancake Wrap Peaches Apple Juice Syrup	22 Omelet Sausage Orange Apple Juice	23 Breakfast Muffin Yogurt Peaches Apple Juice
	25 G	26 Cereal Yogurt Peaches Apple Juice	27 Pancake Wrap Pineapple Apple Juice Syrup	28 Egg with Hash brown Sausage Orange Apple Juice	29 Breakfast Muffin Yogurt Peaches Apple Juice	30 Cinnamon Roll Sausage Pineapple Apple Juice

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

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