

*Healthy tip of the Month: August is 'Kids Eat Right' Month:

Childhood obesity on the rise, making sure kids eat right and get plenty of exercise is vital. Parents and caregivers can play a big role in children's nutrition and health, teaching kids about healthy foods, being a good role model and making sure physical activity is incorporated into each day. August, is Kids Eat Right Month, is a great time for families to focus on the importance of healthful eating and active lifestyles. Families should look into the following steps: • **Shop Smart.** Get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table. • **Cook Healthy.** Involve your child in the cutting, mixing and preparation of meals. • **Eat Right.** Sit down together as a family to enjoy a wonderful meal. • **Healthy Habits.** You can help kids form great, healthy habits by setting a good example. • **Get Moving.** Aside from being a great way to spend time together, regular physical activity is vital to strengthen muscle and bones.

Oasis Campus & Christa McAuliffe - Breakfast Menu – August 2016

		Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75		1	2	3	4	5	6
							
Breakfast is served Monday-Friday		7	8	9	10	11	12
CME 7:45am-8:15am	A			Cereal Yogurt Orange Grape Juice	Pancake wrap Pineapple Apple Juice	Bagel Orange Apple Juice Cream Cheese	13
OES 7:30am-8:15am							
Middle School 7:10am-7:35am	E	14	15	16	17	18	19
High School 6:40am-7:00am			Cereal Yogurt Pineapple Apple Juice	Waffle Sausage Peaches Apple Juice	Frittata Hash brown Pineapple Apple Juice	Bagel Orange Apple Juice Cream Cheese	French Toast Sausage Pineapple Apple Juice
							20
Start your day with a healthy breakfast.	I	21	22	23	23	25	26
			Cereal Yogurt Orange Grape Juice	English Muffin Sandwich Orange Apple Juice	Breakfast Muffin Yogurt Peaches Apple Juice	Waffle Sausage Mandarin Oranges Apple Juice	Cereal Yogurt Orange Apple Juice
							27
	B	28	29	30	31	1	2
			Cereal Yogurt Orange Grape Juice	Sausage Egg Burrito Pineapple Apple Juice	Cinnamon Roll Sausage Orange Apple Juice	Breakfast Muffin Yogurt Peaches Apple Juice	Cinnamon Raisin Bagel Peaches Apple Juice
							3



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

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