

*Healthy tip of the Month: **Get your entire family involved**

Family. It's a major part of every child's life – and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it's important to get every member of your family involved in healthy eating and physical activity. – American Dietetic Association



Oasis Campus & Christa McAuliffe - Breakfast Menu – October 2017

			Mon	Tue	Wed	Thu	Fri	Sat
Additional Purchase Milk .75	1	A	2 Muffin Yogurt Peaches Orange Juice	3 Pancake Wrap Pineapple Apple Juice Syrup	4 Bagel Orange Apple Juice Cream Cheese	5 Cereal Yogurt Orange Apple Juice	6 Pancake Sausage Peaches Apple Juice Syrup	7
Breakfast is served Monday-Friday	8	D	9 Cereal Yogurt Orange Grape Juice	10 Pancake Wrap Orange Apple Juice Syrup	11 Frittata Hash brown Pineapple Orange Juice	12 Cinnamon Bagel Orange Apple Juice Cream Cheese	13 Cereal Yogurt Pineapple Apple Juice	14
CME 7:45am-8:15am								
OES 8:00am-8:15am	15	I	16 Cereal Yogurt Orange Grape Juice	17 Muffin Yogurt Peaches Apple Juice	18 English Muffin Egg, Ham, Cheese Sandwich Orange Apple Juice	19 Cereal Yogurt Orange Apple Juice	20 Sausage Egg Burrito Peaches Apple Juice	21
Middle School 7:10am-7:35am								
High School 6:40am-7:00am	22	C	23 Cereal Yogurt Apple Apple Juice	24 French Toast Sausage / Syrup Peaches Apple Juice	25 Bagel Orange Apple Juice Cream cheese	26 Pancake wrap Peaches Orange Juice Syrup	27 Cinnamon Roll Sausage Orange Apple Juice	28
Start your day with a healthy breakfast.	29	B	30 Cereal Yogurt Orange Grape Juice	31 Sausage Egg Burrito Pineapple Apple Juice	1 Cinnamon Raisin Bagel Peaches Apple Juice Cream Cheese	2 Breakfast Muffin Yogurt Peaches Apple Juice	3 Cinnamon Roll Sausage Orange Apple Juice	4



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