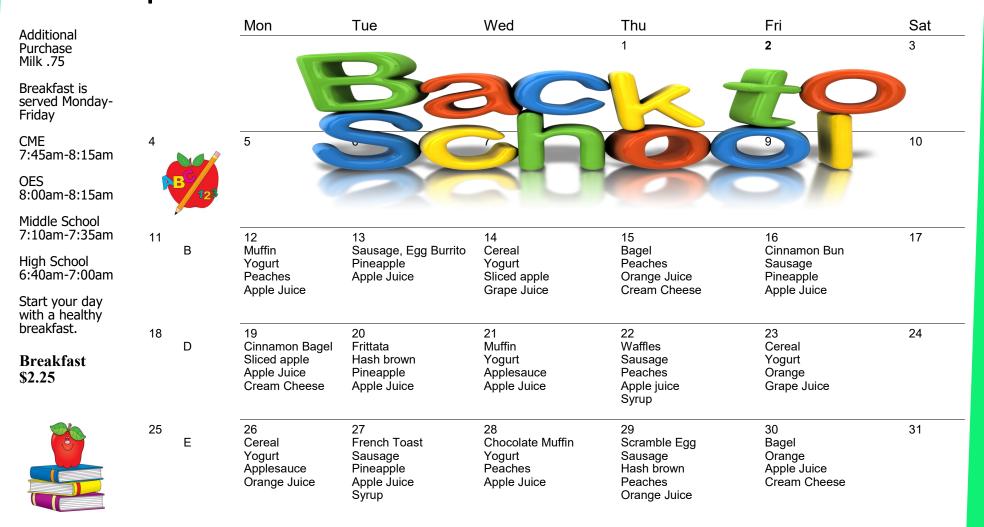
*Healthy tip of the Month:

Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy. It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kid's attention span, concentration, and memory, which they need to learn in school.

Oasis Campus & Christa McAuliffe - Breakfast Menu – August 2019



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

This institution is an equal opportunity provider.