

# Elementary BIC and CDC October Breakfast Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal 2	Lemon Loaf 3	Waffle 4	Blueberry Muffin 5	Concha 6
<b>No School Holiday</b> 9	Apple Cinnamon Scone 10	Cereal 11	Cinnamon Roll 12	Cereal 13
Cereal 16	Lemon Loaf 17	Waffle 18	Blueberry Muffin 19	Concha 20
Strawberry Boli 23	Apple Cinnamon Scone 24	Cereal 25	Cinnamon Roll 26	Cereal 27
Cereal 30	Lemon Loaf 31	 <p><b>Each day two of the fruit below will be served for students to choose from</b> Tangerines, Red Apples, Pears, Cranberries and Bananas (Cooking Sites Only)</p>		



## Looking for Free Family or Community Programs?

Check out your local library branch. Each month different Oakland Libraries host weekly or monthly Baby Bounce Story Times, Family Read A Louds, MOCHA Art activities, Chess Clubs, Board games Nights, Teen, Lego, and D&D Meet ups. For Adults, there are Books Clubs, English Conversation Classes, Food giveaways, Free Legal Referral Programs, and Computer Help

**"This institution is an equal opportunity provider."**



Two milk options are available every day.



# YMCA @ Burbank

## October Breakfast Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal 2	Lemon Loaf 3	Waffle 4	Blueberry Muffin 5	Cereal 6
No School Holiday 9	Apple Cinnamon Scone 10	Cereal 11	Cinnamon Roll 12	Cereal 13
Cereal 16	Lemon Loaf 17	Waffle 18	Blueberry Muffin 19	Cereal 20
Strawberry Boli 23	Apple Cinnamon Scone 24	Cereal 25	Cinnamon Roll 26	Cereal 27
Cereal 30	Lemon Loaf 31		 <b>Each day two of the fruit below will be served for students to choose from</b> Tangerines, Red Apples, Pears, Cranberries and Bananas (Cooking Sites Only)	

For More Nutritional Information and to View Menus: [www.ousd.org/nutrition](http://www.ousd.org/nutrition)



### Looking for Free Fun Family Programs?

Check out your local library branch. Each month different Oakland Libraries host weekly or monthly Baby Bounce Story Times, Family Read A Louds, MOCHA Art activities, Chess Clubs, Board games Nights, Teen, Lego, and D&D Meet ups. For Adults, there are Books Clubs, English Conversation Classes, Food giveaways, Free Legal Referral Programs, and Computer Help


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# OUSD High School October Breakfast Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Pancakes</div> <div>Cereal</div>	<div>3</div> <div>Lemon Loaf</div> <div>Cereal</div>	<div>4</div> <div>Waffle</div> <div>Cereal</div>	<div>5</div> <div>Blueberry Muffin</div> <div>Cereal</div>	<div>6</div> <div>French Toast Sticks</div> <div>Cereal</div>
<div>9</div> <div>No School Holiday</div>	<div>10</div> <div>Apple Cinnamon Scone</div> <div>Cereal</div>	<div>11</div> <div>Concha</div> <div>Cereal</div>	<div>12</div> <div>Cinnamon Roll</div> <div>Cereal</div>	<div>13</div> <div>Banana Bread Mini Loaf</div> <div>Cereal</div>
<div>16</div> <div>Pancakes</div> <div>Cereal</div>	<div>17</div> <div>Lemon Loaf</div> <div>Cereal</div>	<div>18</div> <div>Waffle</div> <div>Cereal</div>	<div>19</div> <div>Blueberry Muffin</div> <div>Cereal</div>	<div>20</div> <div>French Toast Sticks</div> <div>Cereal</div>
<div>23</div> <div>Strawberry Boli</div> <div>Cereal</div>	<div>24</div> <div>Apple Cinnamon Scone</div> <div>Cereal</div>	<div>25</div> <div>Concha</div> <div>Cereal</div>	<div>26</div> <div>Cinnamon Roll</div> <div>Cereal</div>	<div>27</div> <div>Banana Bread Mini Loaf</div> <div>Cereal</div>
<div>30</div> <div>Pancakes</div> <div>Cereal</div>	<div>31</div> <div>Lemon Loaf</div> <div>Cereal</div>	<div>  <div> <b>Each day two of the fruit below will be served for students to choose from</b>  Tangerines, Red Apples, Pears, Cranberries  and Bananas (Cooking Sites Only) </div> </div>		

For More Nutritional Information View Menus [www.ousd.org/nutrition](http://www.ousd.org/nutrition)



## Looking for Free Fun Programs for Teens?

Each month Oakland Libraries host weekly or monthly Teen Gaming Times, Teen Anime Clubs, Help Fixing your Bike, Arts & Crafts, Lego Clubs, Teen D and D Clubs, Jewelry Making, Asian Culture Club, Teen DJ Radio Hours, Pumpkin Painting for Teens, Chess Clubs, Knitting Groups, and Origami Workshops. Check out the Oakland Library website for more information.

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# TK-8th Grade Satellite October Lunch Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pepperoni Pizza <sup>2</sup> Cheese Pizza	Crispy Chicken Sandwich <sup>3</sup> Grilled Cheese	Hot Dog <sup>4</sup> Veggie Burger	Chicken Teriyaki Bowl <sup>5</sup> Ravioli Bowl	Chicken Chow Mein <sup>6</sup> Cheese Tamale
<b>No School Holiday</b> <sup>9</sup>	Cheese Burger <sup>10</sup> Veggie Burger	Chicken & Waffles <sup>11</sup> Cheese Quesadilla	Beef Bolognese Pasta <sup>12</sup> Mac & Cheese	Beef Tacos <sup>13</sup> Bean & Cheese Burrito
Pepperoni Pizza <sup>16</sup> Cheese Pizza	Crispy Chicken Sandwich <sup>17</sup> Grilled Cheese	Hot Dog <sup>18</sup> Veggie Burger	Chicken & Mashed Potato Bowl <sup>19</sup> Ravioli Bowl	Chicken Chow Mein <sup>20</sup> Cheese Tamale
Pepperoni Pizza <sup>23</sup> Cheese Pizza	Cheese Burger <sup>24</sup> Veggie Burger	Chicken & Waffles <sup>25</sup> Cheese Quesadilla	Beef Bolognese Pasta <sup>26</sup> Mac & Cheese	Beef Tacos <sup>27</sup> Bean & Cheese Burrito
Pepperoni Pizza <sup>30</sup> Cheese Pizza	Crispy Chicken Sandwich <sup>31</sup> Grilled Cheese 	<b>October's Produce Bar Menu-</b> Students will be given a variety of the following produce to choose from each day. Red Apples, Celery Sticks, Tangerines, Edamame, Petite Bananas, <b>HOTM Cucumbers</b> , Pears, Corn, Romaine Lettuce, & Cherry Tomatoes 		

For more Nutritional Information View Menus: [www.ousd.org/nutrition](http://www.ousd.org/nutrition)



Chocolate Milk is available on Mondays



## Harvest of The Month: Cucumbers!

Cucumbers contain Vitamins B1, B2, B3, B5, and B6, folic acid, Vitamin C, calcium, iron, magnesium, phosphorus, potassium, and zinc. Who needs a multivitamin? They also contain Carbs which help to give you extra energy at recess. Try some slices of cucumber today from your produce bar!



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# Kinder-8th Grade October Cooking Lunch Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> Pepperoni Pizza Cheese Pizza	<div>3</div> Crispy Chicken Sandwich Grilled Cheese	<div>4</div> Hot Dog Veggie Burger	<div>5</div> Chicken Teriyaki Bowl Ravioli Bowl	<div>6</div> Chicken Chow Mein Cheese Tamale
<div>9</div> <b>No School Holiday</b>	<div>10</div> Cheese Burger Veggie Burger	<div>11</div> Chicken & Waffles Cheese Quesadilla	<div>12</div> Beef Bolognese Pasta Mac & Cheese	<div>13</div> Beef Tacos Bean & Cheese Burrito
<div>16</div> Pepperoni Pizza Cheese Pizza	<div>17</div> Crispy Chicken Sandwich Grilled Cheese	<div>18</div> Hot Dog Veggie Burger	<div>19</div> Chicken Teriyaki Bowl Ravioli Bowl	<div>20</div> Chicken Chow Mein Cheese Tamale
<div>23</div> Pepperoni Pizza Cheese Pizza	<div>24</div> Cheese Burger Veggie Burger	<div>25</div> Chicken & Waffles Cheese Quesadilla	<div>26</div> Beef Bolognese Pasta Mac & Cheese	<div>27</div> Beef Tacos Bean & Cheese Burrito
<div>30</div> Pepperoni Pizza Cheese Pizza	<div>31</div> Crispy Chicken Sandwich Grilled Cheese	<div>  <b>October's Produce Bar Menu-</b> Students will be given a variety of the following produce to choose from each day. Red Apples, Celery Sticks, Tangerines, Edamame, Petite Bananas, <b>HOTM Cucumbers</b>, Pears, Corn, Romaine Lettuce, &amp; Cherry Tomatoes                         </div>		

For more Nutritional Information View Menus: [www.ousd.org/nutrition](http://www.ousd.org/nutrition)



We use foods with 100% whole grains



Chocolate Milk is available on Mondays



## Harvest of The Month: Cucumbers!

Cucumbers contain Vitamins B1, B2, B3, B5, and B6, folic acid, Vitamin C, calcium, iron, magnesium, phosphorus, potassium, and zinc. Who needs a multivitamin? They also contain Carbs which help to give you extra energy at recess. Try some slices of cucumber today from your produce bar!



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# Middle School Cooking October Lunch Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey & Cheese Sandwich <sup>2</sup> Cheese Tamale Hot Dog Pepperoni Pizza	Tuna Salad Sandwich <sup>3</sup> Chicken Chow Mein Crispy Chicken Sandwich Cheese Pizza	Turkey & Cheese Sandwich <sup>4</sup> Lemon Pepper Wings w/ a roll Veggie Pizza	Tuna Salad Sandwich <sup>5</sup> Chicken Teriyaki Bowl Grilled Cheese Cheese Pizza	Turkey & Cheese Sandwich <sup>6</sup> Beef Chili Philly Cheese Steak Cheese Pizza
No School Holiday <sup>9</sup>	Chicken Salad Sandwich <sup>10</sup> Kung Pao Chicken Chicken Burrito Bean & Cheese Burrito Cheese Pizza	Turkey & Cheese Sandwich <sup>11</sup> Lemon Pepper Wings w/ a roll Veggie Pizza	Chicken Salad Sandwich <sup>12</sup> Beef Bolognese Pasta BBQ Chicken Sandwich Cheese Pizza	Turkey & Cheese Sandwich <sup>13</sup> Mac & Cheese Beef Tacos Cheese Pizza
Turkey & Cheese Sandwich <sup>16</sup> Cheese Tamale Hot Dog Pepperoni Pizza	Tuna Salad Sandwich <sup>17</sup> Chicken Chow Mein Crispy Chicken Sandwich Cheese Pizza	Turkey & Cheese Sandwich <sup>18</sup> Lemon Pepper Wings w/ a roll Veggie Pizza	Tuna Salad Sandwich <sup>19</sup> Chicken Teriyaki Bowl Grilled Cheese Cheese Pizza	Turkey & Cheese Sandwich <sup>20</sup> Beef Chili Philly Cheese Steak Cheese Pizza
Turkey & Cheese Sandwich <sup>23</sup> Chicken & Waffles Cheese Burger Pepperoni Pizza	Chicken Salad Sandwich <sup>24</sup> Kung Pao Chicken Chicken Burrito Bean & Cheese Burrito Cheese Pizza	Turkey & Cheese Sandwich <sup>25</sup> Lemon Pepper Wings w/ a roll Veggie Pizza	Chicken Salad Sandwich <sup>26</sup> Beef Bolognese Pasta BBQ Chicken Sandwich Cheese Pizza	Turkey & Cheese Sandwich <sup>27</sup> Mac & Cheese Beef Tacos Cheese Pizza
Turkey & Cheese Sandwich <sup>30</sup> Cheese Tamale Hot Dog Pepperoni Pizza	Tuna Salad Sandwich <sup>31</sup> Chicken Chow Mein Crispy Chicken Sandwich Cheese Pizza	<div>  <p><b>October's Produce Bar Menu-</b> Students will be given a variety of the following produce to choose from each day. Red Apples, Celery Sticks, Tangerines, Edamame, Petite Bananas, <b>HOTM Cucumbers</b>, Pears, Corn, Grapes, Romaine Lettuce, &amp; Cherry Tomatoes</p> </div>		

## Harvest of The Month: Cucumbers!

Cucumbers contain Vitamins B1, B2, B3, B5, and B6, folic acid, Vitamin C, calcium, iron, magnesium, phosphorus, potassium, and zinc. Who needs a multivitamin? They also contain Carbs which help to give you extra energy at recess. Try some slices of cucumber today from your produce bar!



We use foods with 100% whole grains



Chocolate Milk is available on Mondays



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# High School Cooking

## October Lunch Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Tamale 2 Turkey & Cheese Sandwich Hot Dog Pepperoni Pizza	Tuna Salad Sandwich 3 Chicken Chow Mein Crispy Chicken Sandwich Cheese Pizza	4 Turkey & Cheese Sandwich Lemon Pepper Wings w/ a roll Veggie Pizza	Tuna Salad Sandwich 5 Chicken Teriyaki Bowl Grilled Cheese Cheese Pizza	Cheese Pizza 6 Turkey & Cheese Sandwich Beef Chili Philly Cheese Steak
9 <b>No School Holiday</b>	10 Chicken Burrito Chicken Salad Sandwich Kung Pao Chicken Bean & Cheese Burrito Cheese Pizza	11 Turkey & Cheese Sandwich Lemon Pepper Wings w/ a roll Veggie Pizza	12 Cheese Pizza Chicken Salad Sandwich Beef Bolognese Pasta BBQ Chicken Sandwich	13 Beef Tacos Cheese Pizza Turkey & Cheese Sandwich Mac & Cheese
16 Cheese Tamale Turkey & Cheese Sandwich Hot Dog Pepperoni Pizza	17 Tuna Salad Sandwich Chicken Chow Mein Crispy Chicken Sandwich Cheese Pizza	18 Turkey & Cheese Sandwich Lemon Pepper Wings w/ a roll Veggie Pizza	19 Tuna Salad Sandwich Chicken Teriyaki Bowl Grilled Cheese Cheese Pizza	20 Cheese Pizza Turkey & Cheese Sandwich Beef Chili Philly Cheese Steak
23 Cheese Burger Turkey & Cheese Sandwich Chicken & Waffles Pepperoni Pizza	24 Chicken Burrito Chicken Salad Sandwich Kung Pao Chicken Bean & Cheese Burrito Cheese Pizza	25 Turkey & Cheese Sandwich Lemon Pepper Wings w/ a roll Veggie Pizza	26 Cheese Pizza Chicken Salad Sandwich Beef Bolognese Pasta BBQ Chicken Sandwich	27 Beef Tacos Cheese Pizza Turkey & Cheese Sandwich Mac & Cheese
30 Cheese Tamale Turkey & Cheese Sandwich Hot Dog Pepperoni Pizza	31 Tuna Salad Sandwich Chicken Chow Mein Crispy Chicken Sandwich Cheese Pizza	 <p><b>October's Produce Bar Menu-</b> Students will be given a variety of the following produce to choose from each day. Red Apples, Celery Sticks, Tangerines, Edamame, Petite Bananas, <b>HOTM Cucumbers</b>, Pears, Corn, Grapes, Romaine Lettuce, &amp; Cherry Tomatoes</p>		

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### Harvest of The Month: Cucumbers!

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# High School October Satellite Lunch Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey & Cheese Sandwich Pepperoni Pizza Cheese Pizza	3 Turkey & Cheese Sandwich Crispy Chicken Sandwich Grilled Cheese	4 Turkey & Cheese Sandwich Hot Dog Veggie Burger	5 Turkey & Cheese Sandwich Chicken Teriyaki Bowl Ravioli Bowl	6 Turkey & Cheese Sandwich Chicken Chow Mein Cheese Tamale
9 <b>No School Holiday</b>	10 Turkey & Cheese Sandwich Cheese Burger Veggie Burger	11 Turkey & Cheese Sandwich Chicken & Waffles Cheese Quesadilla	12 Turkey & Cheese Sandwich Beef Bolognese Pasta Mac & Cheese	13 Turkey & Cheese Sandwich Beef Taco Bean & Cheese Burrito
16 Turkey & Cheese Sandwich Pepperoni Pizza Cheese Pizza	17 Turkey & Cheese Sandwich Crispy Chicken Sandwich Grilled Cheese	18 Turkey & Cheese Sandwich Hot Dog Veggie Burger	19 Turkey & Cheese Sandwich Chicken Teriyaki Bowl Ravioli Bowl	20 Turkey & Cheese Sandwich Chicken Chow Mein Cheese Tamale
23 Turkey & Cheese Sandwich Pepperoni Pizza Cheese Pizza	24 Turkey & Cheese Sandwich Cheese Burger Veggie Burger	25 Turkey & Cheese Sandwich Chicken & Waffles Cheese Quesadilla	26 Turkey & Cheese Sandwich Beef Bolognese Pasta Mac & Cheese	27 Turkey & Cheese Sandwich Beef Taco Bean & Cheese Burrito
30 Turkey & Cheese Sandwich Pepperoni Pizza Cheese Pizza	31 Turkey & Cheese Sandwich Crispy Chicken Sandwich Grilled Cheese	 <b>October's Produce Bar Menu-</b> Students will be given a variety of the following produce to choose from each day. Red Apples, Celery Sticks, Tangerines, Edamame, Petite Bananas, <b>HOTM Cucumbers</b> , Pears, Corn, Grapes, Romaine Lettuce, & Cherry Tomatoes		

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# Child Development Center October Lunch Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheese Pizza	3 Crispy Chicken Sandwich	4 Hot Dog	5 Cheese Ravioli	6 Vegetable Chow Mein
9 <b>No School Holiday</b>	10 Hamburger	11 Chicken & Waffles	12 Pasta w/ Beef Bolognese Sauce	13 Beef Tacos
16 Cheese Pizza	17 Crispy Chicken Sandwich	18 Hot Dog	19 Cheese Ravioli	20 Vegetable Chow Mein
23 Cheese Pizza	24 Hamburger	25 Chicken & Waffles	26 Pasta w/ Beef Bolognese Sauce	27 Beef Tacos
30 Cheese Pizza	31 Crispy Chicken Sandwich 	Hot Dog	 CDC Students will receive a mixed Salad or Baby Carrots for their vegetable.	


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# YMCA @ Burbank October Lunch Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheese Pizza	3 Crispy Chicken Sandwich	4 Veggie Burger	5 Cheese Ravioli	6 Vegetable Chow Mein
9 <b>No School Holiday</b>	10 Hamburger	11 Chicken & Waffles	12 Pasta w/ Beef Bolognese Sauce	13 Beef Tacos
16 Cheese Pizza	17 Crispy Chicken Sandwich	18 Veggie Burger	19 Cheese Ravioli	20 Vegetable Chow Mein
23 Cheese Pizza	24 Hamburger	25 Chicken & Waffles	26 Pasta w/ Beef Bolognese Sauce	27 Beef Tacos
30 Cheese Pizza	31 Crispy Chicken Sandwich 	Veggie Burger	 CDC Students will receive a mixed Salad or Baby Carrots for their vegetable.	

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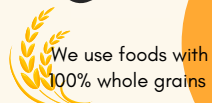
# TK-12th Grade October Supper Menu 2023

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sunbutter Sandwich <sup>2</sup>	Honey & Cranberry Trail Mix <sup>3</sup>	Cheese Cubes + Crackers <sup>4</sup>	Turkey Stick <sup>5</sup>	Rosted Chick Peas with Chex = String Cheese <sup>6</sup>
<b>No School Holiday</b> <sup>9</sup>	Jack Links + String Cheese <sup>10</sup>	Tortilla Chips + Cheese <sup>11</sup>	Turkey Stick <sup>12</sup>	Sweet Heat Trail Mix <sup>13</sup>
Sunbutter Sandwich <sup>16</sup>	Honey & Cranberry Trail Mix <sup>17</sup>	Cheese Cubes + Crackers <sup>18</sup>	Turkey Stick <sup>19</sup>	Rosted Chick Peas with Chex = String Cheese <sup>20</sup>
Corn chips + Dip <sup>23</sup>	Jack Links + String Cheese <sup>24</sup>	Tortilla Chips + Cheese <sup>25</sup>	Turkey Stick <sup>26</sup>	Sweet Heat Trail Mix <sup>27</sup>
Sunbutter Sandwich <sup>30</sup>	Honey & Cranberry Trail Mix <sup>31</sup>	<p><b><u>Speak, Read, and Sing to your Child in your Native Language</u></b></p> <p>Researchers have found that speaking <b>multiple languages</b> at home provides a great benefit to young children. So <b>DO</b> use your home language at home!</p> <p>Children have an easier time learning English when they have a strong foundation in their first language.</p>		

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**DID YOU KNOW?**



-10/4 is **International Safe Routes to Schools Walk and Roll to School Day**. Check with your school to see if they are participating.

-10/12/92 The **First Indigenous People's Day** was instituted in Berkeley to coincide with the 500th Anniversary of the arrival of Columbus to the Americas.

Two years later Santa Cruz instituted the Holiday. In 2014 many other cities and states adopted the holiday. **OUSD celebrates this day on 10/9.**

- 10/14 Celebrate The Town at the **Life is Living Festival** at Defremery Park in West Oakland. Check out their Website for More info.

-10/14/71 Dr. Martin Luther King Jr. was awarded the **Nobel Peace Prize**.

-10/29 Celebrate **Dia de los Muertos** from 10 am - 5 pm on International Blvd between Fruitvale Ave and 42nd Ave.



# October Supper Menu 2023

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cracker + Fruit	3 Cheese stick + Fruit	4 Cracker + Fruit	5 Cheese stick + Fruit	6 Cracker + Fruit
9 No School Holiday	10 Cheese stick + Fruit	11 Cracker + Fruit	12 Cheese stick + Fruit	13 Cracker + Fruit
16 Cracker + Fruit	17 Cheese stick + Fruit	18 Cracker + Fruit	19 Cheese stick + Fruit	20 Cracker + Fruit
23 Cracker + Fruit	24 Cheese stick + Fruit	25 Cracker + Fruit	26 Cheese stick + Fruit	27 Cracker + Fruit
30 Cracker + Fruit	31 Cheese stick + Fruit	<div><div><p><b><u>Speak, Read, and Sing to your Child in your Home Language</u></b></p><p>Researchers have found that speaking <b>multiple languages</b> at home provides a great benefit to young children. So <b>DO</b> use your home language at home!</p><p>Children have an easier time learning English when they have a strong foundation in their first language.</p></div><div><p>To learn more about how to support your child's language development at home, scan this QR code!</p></div></div>		

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