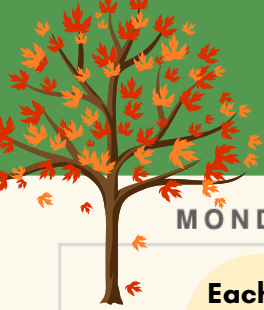



CDC, Elementary, and BIC September Breakfast Menu 2023



This is an Actual photo of one of our Cinnamon Rolls



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Each day two of the fruit below will be served for students to choose from Peaches, Plums, Nectarines, Red Apples, and Dried Cranberries.</p> 				
4	5	6	7	8
Holiday No School	Lemon Loaf	Waffle	Blueberry Muffin	Cereal
11	12	13	14	15
Strawberry Boli	Apple Cinnamon Scone	Cereal	Cinnamon Roll	Teacher PD Day No School CDC's are open today
18	19	20	21	22
Cereal	Lemon Loaf	Waffle	Blueberry Muffin	Cereal
25	26	27	28	29
Strawberry Boli	Apple Cinnamon Scone	Cereal	Cinnamon Roll	Cereal

Enjoy Fall's Harvest and Shop at A Farmer's Market

West Oakland, Grand Lake, Temescal, Montclair, Old Oakland, and Jack London all have a weekly Market. By shopping at a Farmer's Market you are buying locally grown produce in many cases directly from the farmer or producer. Produce and foods found in farmer's markets are minimally processed and often grown without using pesticides, antibiotics, or genetic modification. Most Markets will let you shop using an EBT Card.



Two milk options are available every day.



View Menus at www.ousd.org/nutrition

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YMCA @ Burbank

September Breakfast Menu 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Each day two of the fruit below will be served for students to choose from Peaches, Plums, Nectarines, Red Apples, and Dried Cranberries.



This is an Actual photo of one of our Cinnamon Rolls

Cereal

**Holiday
No School**

Lemon
Loaf

Waffle

Blueberry
Muffin

Cereal

Strawberry
Boli

Apple Cinnamon
Scone

Cereal

Cereal

Cereal

Cereal

Lemon
Loaf

Waffle

Blueberry
Muffin

Cereal

Strawberry
Boli

Apple Cinnamon
Scone

Cereal

Cereal

Cereal

Enjoy Fall's Harvest and Shop at A Farmer's Market

West Oakland, Grand Lake, Temescal, Montclair, Old Oakland, and Jack London all have a weekly Market. By shopping at a Farmer's Market you are buying locally grown produce in many cases directly from the farmer or producer. Produce and foods found in farmer's markets are minimally processed and often grown without using pesticides, antibiotics, or genetic modification. Most Markets will let you shop using an EBT Card.



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Secondary September Breakfast Menu 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Each day two of the fruit below will be served for students to choose from Peaches, Plums, Nectarines, Red Apples, and Dried Cranberries.</p> 			 <p>This is an Actual photo of one of our Cinnamon Rolls</p>	<p>1 Banana Mini Loaf Cereal</p>
<p>4 Holiday No School</p>	<p>5 Lemon Loaf Cereal</p>	<p>6 Waffle Cereal</p>	<p>7 Blueberry Muffin Cereal</p>	<p>8 French Toast Sticks Cereal</p>
<p>11 Strawberry Boli Cereal</p>	<p>12 Apple Cinnamon Scone Cereal</p>	<p>13 Concha Cereal</p>	<p>14 Cinnamon Roll Cereal</p>	<p>15 Teacher PD Day No School</p>
<p>18 Pancakes Cereal</p>	<p>19 Lemon Loaf Cereal</p>	<p>20 Waffle Cereal</p>	<p>21 Blueberry Muffin Cereal</p>	<p>22 French Toast Sticks Cereal</p>
<p>25 Strawberry Boli Cereal</p>	<p>26 Apple Cinnamon Scone Cereal</p>	<p>27 Concha Cereal</p>	<p>28 Cinnamon Roll Cereal</p>	<p>29 Banana Mini Loaf Cereal</p>



Enjoy Fall's Harvest and Shop at A Farmer's Market

West Oakland, Grand Lake, Temescal, Montclair, Old Oakland, and Jack London all have a weekly Market. By shopping at a Farmer's Market you are buying locally grown produce in many cases directly from the farmer or producer. Produce and foods found in farmer's markets are minimally processed and often grown without using pesticides, antibiotics, or genetic modification. Most Markets will let you shop using an EBT Card.



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September 2023

TK-8th Grade Cooking Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Every Day Students Can choose from a Variety of fruits and vegetables including: Red Apples, Bell Pepper Slices, Kidney Beans, Cucumbers, Romaine Lettuce, Nectarine, Harvest of the Month: Cherry Tomatoes, Corn, Edamame, Plums, Garbanzo Beans, and Peaches 				
4 Holiday No School	5 Crispy Chicken Sandwich Grilled Cheese	6 Hot Dog Veggie Burger	7 Chicken & Mashed Potato Bowl Ravioli w/ Marinara Sauce	8 Beef Tacos Bean & Cheese Burrito
11 Pepperoni Pizza Cheese Pizza	12 Hamburger Veggie Burger	13 Chicken & Waffles Cheese Quesadilla	14 Beef Bolognese Pasta Mac & Cheese	15 Teacher PD Day No School
18 Pepperoni Pizza Cheese Pizza	19 Crispy Chicken Sandwich Grilled Cheese	20 Hot Dog Veggie Burger	21 Chicken & Mashed Potato Bowl Ravioli w/ Marinara Sauce	22 Chicken Chow Mein Cheese Tamale
25 Pepperoni Pizza Cheese Pizza	26 Hamburger Veggie Burger	27 Chicken & Waffles Cheese Quesadilla	28 Beef Bolognese Pasta Mac & Cheese	29 Beef Tacos Bean & Cheese Burrito



We use foods
with 100%
whole grains



On Mondays
Low Fat
Chocolate Milk
is available



Harvest of the Month: Cherry Tomatoes

These little vegetables are a nutritional powerhouse. They are high in Vitamins and Minerals. Cherry Tomatoes are a great source of vitamins A and C, potassium, and Fiber. These nutrients are essential for maintaining healthy skin, strong bones, and properly functioning immune systems.



Two milk
options are
available
every day.



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September 2023

TK-8th Grade Satellite Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day Students Can choose from a Variety of fruits and vegetables

including: Red Apples, Bell Pepper Slices, Kidney Beans, Cucumbers, Romaine Lettuce, Nectarine, **Harvest of the Month: Cherry Tomatoes,** Corn, Edamame, Plums, Garbanzo Beans, and Peaches



Beef Tacos

Bean & Cheese Burrito

Chicken Chow Mein

Cheese Tamale

**Holiday
No School**

Crispy Chicken Sandwich

Grilled Cheese

Hot Dog
Veggie Burger

Chicken Teriyaki Bowl

Ravioli w/
Marinara Sauce

Pepperoni Pizza
Cheese Pizza

Hamburger
Veggie Burger

Chicken & Waffles
Cheese Quesadilla

Beef Bolognese Pasta

Mac & Cheese

**Teacher PD Day
No School**

Pepperoni Pizza
Cheese Pizza

Crispy Chicken Sandwich
Grilled Cheese

Hot Dog
Veggie Burger

Chicken Teriyaki Bowl

Ravioli w/
Marinara Sauce

Pepperoni Pizza
Cheese Pizza

Hamburger
Veggie Burger

Chicken & Waffles
Cheese Quesadilla

Beef Bolognese Pasta

Mac & Cheese

Beef Tacos
Bean & Cheese Burrito



We use foods
with 100%
whole grains

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Low Fat
Chocolate Milk
is available



Harvest of the Month: Cherry Tomatoes

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Two milk
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September 2023

Secondary Cooking Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day Students Can choose from a Variety of fruits and vegetables

including: Red Apples, Bell Pepper Slices, Kidney Beans, Cucumbers, Romaine Lettuce, Nectarine, **Harvest of the Month: Cherry Tomatoes,** Corn, Edamame, Plums, Garbanzo Beans, and Peaches



**Holiday
No School**

4

Tuna Salad Sandwich⁵
Chicken Chow Mein
Crispy Chicken Sandwich
Cheese Pizza

Turkey & Cheese Sandwich⁶
Chicken Wings
Veggie Pizza

Tuna Salad Sandwich⁷
Mash Potato Bowl
Grilled Cheese
Pepperoni Pizza

Cheese Pizza⁸

Turkey & Cheese Sandwich
Beef Chili
Philly Cheese Steak

Cheese Burger¹¹
Turkey & Cheese Sandwich
Chicken & Waffles
Pepperoni Pizza

Chicken Salad Sandwich¹²
Kung Pao Chicken
Chicken Burrito
Cheese Pizza

Turkey & Cheese Sandwich¹³
Chicken Wings
Veggie Pizza

Cheese Pizza¹⁴
Chicken Salad Sandwich
Beef Bolognese Pasta
BBQ Chicken Sandwich

**Teacher PD Day
No School**

Turkey & Cheese Sandwich¹⁸
Cheese Tamale
Hot Dog
Pepperoni Pizza

Tuna Salad Sandwich¹⁹
Chicken Chow Mein
Crispy Chicken Sandwich
Cheese Pizza

Turkey & Cheese Sandwich²⁰
Chicken Wings
Veggie Pizza

Tuna Salad Sandwich²¹
Mash Potato Bowl
Grilled Cheese
Pepperoni Pizza

Cheese Pizza²²
Turkey & Cheese Sandwich
Beef Chili
Philly Cheese Steak

Cheese Burger²⁵
Turkey & Cheese Sandwich
Chicken & Waffles
Pepperoni Pizza

Chicken Salad Sandwich²⁶
Kung Pao Chicken
Chicken Burrito
Cheese Pizza

Turkey & Cheese Sandwich²⁷
Chicken Wings
Veggie Pizza

Cheese Pizza²⁸
Chicken Salad Sandwich
Beef Bolognese Pasta
BBQ Chicken Sandwich

Beef Taco²⁹
Turkey & Cheese Sandwich
Mac & Cheese
Pepperoni Pizza



Harvest of the Month: Cherry Tomatoes



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We use foods
with 100%
whole grains

On Mondays
Low Fat
Chocolate Milk
is available



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options are
available
every day.



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September 2023 Secondary Satellite Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day Students Can choose from a Variety of fruits and vegetables

including: Red Apples, Bell Pepper Slices, Kidney Beans, Cucumbers, Romaine Lettuce, Nectarine, **Harvest of the Month: Cherry Tomatoes,** Corn, Edamame, Plums, Garbanzo Beans, and Peaches



**Holiday
No School**

4

5
Crispy Chicken Sandwich

Grilled Cheese

Turkey & Cheese Sandwich

6
Turkey & Cheese Sandwich

Hot Dog

Veggie Burger

7
Turkey & Cheese Sandwich

Chicken Teriyaki Bowl

Cheese Ravioli w/ a Roll

8
Chicken Chow Mein

Cheese Tamale

Turkey & Cheese Sandwich

11
Pepperoni Pizza

Cheese Pizza

Turkey & Cheese Sandwich

12
Cheese Burger

Veggie Burger

Turkey & Cheese Sandwich

13
Turkey & Cheese Sandwich

Chicken & Waffles

Cheese Quesadilla

14
Mac & Cheese w/

Cornbread

Pasta w/ Beef Bolognese

Turkey & Cheese Sandwich

15
**Teacher PD Day
No School**

18
Pepperoni Pizza

Cheese Pizza

Turkey & Cheese Sandwich

19
Crispy Chicken Sandwich

Grilled Cheese

Turkey & Cheese Sandwich

20
Turkey & Cheese Sandwich

Hot Dog

Veggie Burger

21
Turkey & Cheese Sandwich

Chicken Teriyaki Bowl

Cheese Ravioli w/ a Roll

22
Chicken Chow Mein

Cheese Tamale

Turkey & Cheese Sandwich

25
Pepperoni Pizza

Cheese Pizza

Turkey & Cheese Sandwich

26
Cheese Burger

Veggie Burger

Turkey & Cheese Sandwich

27
Turkey & Cheese Sandwich

Chicken & Waffles

Cheese Quesadilla

28
Mac & Cheese w/

Cornbread

Pasta w/ Beef Bolognese

Turkey & Cheese Sandwich

29
Beef Tacos

Bean & Cheese Burrito

Turkey & Cheese Sandwich



We use foods
with 100%
whole grains

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Low Fat
Chocolate Milk
is available



Harvest of the Month: Cherry Tomatoes

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September 2023

YMCA Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pre-K students will receive a Mixed Green Salad featuring our Harvest of the Month: Cherry Tomatoes or Baby Carrots for their daily vegetable.</p> 				
4 Holiday No School	5 Crispy Chicken Sandwich	6 Veggie Burger	7 Cheese Ravioli w/ Marinara Sauce	8 Veggie Chow Mein
11 Cheese Pizza	12 Hamburger	13 Chicken & Waffles	14 Pasta w/ Beef Bolognese Sauce	15 Beef Tacos
18 Cheese Pizza	19 Crispy Chicken Sandwich	20 Veggie Burger	21 Cheese Ravioli w/ Marinara Sauce	22 Veggie Chow Mein
25 Cheese Pizza	26 Hamburger	27 Chicken & Waffles	28 Pasta w/ Beef Bolognese Sauce	29 Beef Tacos



We use foods
with 100%
whole grains

On Mondays
Low Fat
Chocolate
Milk
is available



Harvest of the Month: Cherry Tomatoes

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OAKLAND UNIFIED
SCHOOL DISTRICT
Community Schools, Thriving Students

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September 2023 CDC Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pre-K students will receive a Mixed Green Salad featuring our Harvest of the Month: Cherry Tomatoes or Baby Carrots for their daily vegetable.				1 Beef Tacos
4 Holiday No School	5 Crispy Chicken Sandwich	6 Hot Dog	7 Cheese Ravioli w/ Marinara Sauce	8 Veggie Chow Mein
11 Cheese Pizza	12 Hamburger	13 Chicken & Waffles	14 Pasta w/ Beef Bolognese Sauce	15 Beef Tacos
18 Cheese Pizza	19 Crispy Chicken Sandwich	20 Hot Dog	21 Cheese Ravioli w/ Marinara Sauce	22 Veggie Chow Mein
25 Cheese Pizza	26 Hamburger	27 Chicken & Waffles	28 Pasta w/ Beef Bolognese Sauce	29 Beef Tacos



Harvest of the Month: Cherry Tomatoes

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We use foods
with 100%
whole grains

On Mondays
Low Fat
Chocolate
Milk
is available



Two milk
options are
available
every day.



OAKLAND UNIFIED
SCHOOL DISTRICT
Community Schools, Thriving Students

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September 2023

CDC Pre-K Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pre-K students will receive a Mixed Green Salad featuring our Harvest of the Month: Cherry Tomatoes or Baby Carrots for their daily vegetable.				1 Beef Tacos
4 Holiday No School	5 Crispy Chicken Sandwich	6 Hot Dog	7 Cheese Ravioli	8 Veggie Chow Mein
11 Cheese Pizza	12 Hamburger	13 Chicken & Waffles	14 Beef Bolognese	15 Beef Tacos
18 Cheese Pizza	19 Crispy Chicken Sandwich	20 Hot Dog	21 Cheese Ravioli	22 Veggie Chow Mein
25 Cheese Pizza	26 Hamburger	27 Chicken & Waffles	28 Beef Bolognese	29 Beef Tacos



Harvest of the Month: Cherry Tomatoes

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Two milk options are available every day.



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September 2023 Supper Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reading just twenty minutes per day builds empathy for others, creates a strong vocabulary, and positively affects and boosts your mental and physical health.				1 Sweet Heat Trail Mix, Sunflower Seeds, Doritos® Nacho Chips, Mini Carrots, Milk
4 Holiday No School	5 Kettle Corn Crunch, Honey Cranberry Trail Mix, String Cheese, Milk, Jicama Sticks	6 Colby Jack Cheese Cubes, Crackers (WG), 100% Juice, Jicama Sticks, Milk	7 Butterball® Turkey Stick, Sunflower Seeds, Apple Sauce, Cinnamon Grahams (WG), 100% Juice, Milk	8 Roasted Chickpeas, Sting Cheese, 100% Juice, Doritos® Nacho Chips, Mini Carrots, Milk
11 Delicious Dip, Fritos® Corn Chips, 100% Juice, Mini Carrots, Milk	12 Jack Links Chicken Bites, String Cheese, 100% Juice, Cracker (WG), Jicama Sticks, Milk	13 Tortilla Chips, Cheddar Cheese Cup, 100% Juice, Jicama Sticks, Milk	14 Butterball Turkey Stick, Sunflower Seeds, Apple Sauce, Cinnamon Grahams (WG), 100% Juice, Milk	15 Teacher PD Day No School
18 Grape Sunbutter Sandwich, Mini Carrots, 100% Juice, Milk	19 Kettle Corn Crunch, Honey Cranberry Trail Mix, String Cheese, Milk, Jicama Sticks	20 Colby Jack Cheese Cubes, Cracker (WG), 100% Juice, Jicama Sticks, Milk	21 Butterball Turkey Stick, Sunflower Seeds, Apple Sauce, Cinnamon Grahams (WG), 100% Juice, Milk	22 Roasted Chickpeas, Sting Cheese, 100% Juice, Doritos® Nacho Chips, Mini Carrots, Milk
25 Delicious Dip, Fritos® Corn Chips, 100% Juice, Mini Carrots, Milk	26 Jack Links Chicken Bites, String Cheese, 100% Juice, Cracker (WG), Jicama Sticks, Milk	27 Tortilla Chips, Cheddar Cheese Cup, 100% Juice, Jicama Sticks, Milk	28 Butterball® Turkey Stick, Sunflower Seeds, Apple Sauce, Cinnamon Grahams (WG), 100% Juice, Milk	29 Sweet Heat Trail Mix, Sunflower Seeds, Doritos® Nacho Chips, Mini Carrots, Milk

September Facts

-September 1st is the first day of Fall. Fall is the Season to harvest Apples.

-September 23rd is the Chinese Autumn Moon Festival which is tied to the Lunar Cycle. It is a time when families come together and eat Moon Cake, Duck, Hairy Crab, Pumpkin (for good health), Lotus roots (for strong family bonds), watermelon (to be reunited with family), Pears (for good health) and other important traditional lucky foods.

-September 24th - Is National Punctuation Day! Make sure to use punctuation in your writing.



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equal opportunity provider."



September 2023 CDC Snack Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reading just twenty minutes per day builds empathy for others, creates a strong vocabulary, and positively affects and boosts your mental and physical health.</p>				<p>Cheez-it® Crackers + Fruit</p>
<p>Holiday No School</p>	<p>Cheese Stick + Fruit</p>	<p>Gold Fish® Crackers (WG) + Fruit</p>	<p>Cheese Stick + Fruit</p>	<p>Cheez-it® Crackers + Fruit</p>
<p>Cracker (WG) + Fruit</p>	<p>Cheese Stick + Fruit</p>	<p>Gold Fish® Crackers (WG) + Fruit</p>	<p>Cheese Stick + Fruit</p>	<p>Cheez-it® Crackers + Fruit</p>
<p>Cracker (WG) + Fruit</p>	<p>Cheese Stick + Fruit</p>	<p>Gold Fish® Crackers (WG) + Fruit</p>	<p>Cheese Stick + Fruit</p>	<p>Cheez-it® Crackers + Fruit</p>
<p>Cracker (WG) + Fruit</p>	<p>Cheese Stick + Fruit</p>	<p>Gold Fish® Crackers (WG) + Fruit</p>	<p>Cheese Stick + Fruit</p>	<p>Cheez-it® Crackers + Fruit</p>
<p>Cracker (WG) + Fruit</p>	<p>Cheese Stick + Fruit</p>	<p>Gold Fish® Crackers (WG) + Fruit</p>	<p>Cheese Stick + Fruit</p>	<p>Cheez-it® Crackers + Fruit</p>

September Facts

-September 1st is the first day of Fall. Fall is the best time to pick Apples

-September 23rd is the Chinese Autumn Moon Festival which is tied to the Lunar Cycle. It is a time when families come together and eat Moon Cake, Duck, Hairy Crab, Pumpkin (for good health), Lotus roots (for strong family bonds), watermelon (to be reunited with family), Pears (for good health) and other important traditional lucky foods.

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Food with 100% whole grains (WG)



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