












November Breakfast Menu 2023

OUSD Child Development Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <p>Each day two of the fruits below will be served for students to choose from: Tangerines, Red Apples, Pears, Cranberries and Bananas.</p>    </div>		<div> <div>1</div> <div>Maple Waffle</div>  </div>	<div> <div>2</div> <div>Blueberry Muffin</div>  </div>	<div> <div>3</div> <div>Concha</div> </div>
<div> <div>6</div> <div>Strawberry Boli</div> </div>	<div> <div>7</div> <div>Apple Cinnamon Scone</div> </div>	<div> <div>8</div> <div>Cereal</div> </div>	<div> <div>9</div> <div>Cinnamon Roll</div> </div>	<div> <div>10</div> <div>No School Holiday</div>  </div>
<div> <div>13</div> <div>Cereal</div> </div>	<div> <div>14</div> <div>Lemon Loaf</div> </div>	<div> <div>15</div> <div>Maple Waffle</div> </div>	<div> <div>16</div> <div>Blueberry Muffin</div> </div>	<div> <div>17</div> <div>Concha</div> </div>
<div> <div>20</div> <div>Apple Strudel Pastry</div> </div>	<div> <div>21</div> <div>Apple Cinnamon Scone</div> </div>	<div> <div>22</div> <div>Cereal</div> </div>	<div> <div>24</div> <div> Thanksgiving Break OUSD CDC's closed  </div> </div>	
<div> <div>27</div> <div>Cereal</div>  </div>	<div> <div>28</div> <div>Lemon Loaf</div> </div>	<div> <div>29</div> <div>Maple Waffle</div> </div>	<div> <div>30</div> <div>Blueberry Muffin</div> </div>	<div> <div>Scan this Code for more information, official rules, & submission guidelines</div>  </div>

We use food with 100% whole grains



Calling Artists of all Ages - Create an Original Piece of Art to Celebrate African Americans and Oakland

The Oakland Public Library is thrilled to announce the special limited-edition Library Card Contest, a creative initiative celebrating the contributions of African Americans to the arts in Oakland. This contest will run from October 15 to November 15, 2023, with the winning designs featured on library cards available to patrons on February 1, 2024, in celebration of Black History Month. Scan the QR code above to find out more information.


Two milk options are available every day.




Menu Subject to change


"This institution is an equal opportunity provider."

For More Nutritional Information and to View Menus: www.ousd.org/nutrition



November Breakfast Menu 2023

Elementary BIC




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <p>Each day two of the fruits below will be served for students to choose from: Tangerines, Red Apples, Pears, Cranberries and Bananas.</p> </div>		1	2	3
		Maple Waffle	Blueberry Muffin	Concha
6	7	8	9	10
Strawberry Boli	Apple Cinnamon Scone	Cereal	Cinnamon Roll	No School Holiday
13	14	15	16	17
Cereal	Lemon Loaf	Maple Waffle	Blueberry Muffin	Concha
<div>  <p>Thanksgiving Break Schools Closed 11/20-11/24 CDCs closed 11/23 and 11/24</p>  </div>				
27	28	29	30	
Cereal	Lemon Loaf	Maple Waffle	Blueberry Muffin	



We use foods with 100% whole grains





Calling Artists of all Ages - Create an Original Piece of Art to Celebrate African Americans and Oakland

The Oakland Public Library is thrilled to announce the special limited-edition Library Card Contest, a creative initiative celebrating the contributions of African Americans to the arts in Oakland. This contest will run from October 15 to November 15, 2023, with the winning designs featured on library cards available to patrons February 1, 2024, in celebration of Black History Month. Scan the QR code above to find out more information.

For more information, official rules, & submission guidelines, please visit





Two milk options are available every day.

Menu Subject to change

"This institution is an equal opportunity provider."

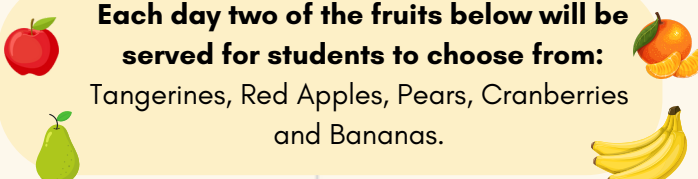






For More Nutritional Information and to View Menus: www.ousd.org/nutrition



November Breakfast Menu 2023

9th-12th Grade



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Each day two of the fruits below will be served for students to choose from: Tangerines, Red Apples, Pears, Cranberries and Bananas.</p>		1 Maple Waffle Cereal 	2 Blueberry Muffin Cereal 	3 French Toast Sticks Cereal
6 Strawberry Boli Cereal	7 Apple Cinnamon Scone Cereal	8 Concha Cereal	9 Cinnamon Roll Cereal	10 No School Holiday 
13 Pancakes Cereal	14 Lemon Loaf Cereal	15 Maple Waffle Cereal	16 Blueberry Muffin Cereal	17 French Toast Sticks Cereal
 <p>Thanksgiving Break Schools Closed 11/20-11/24 CDCs closed 11/23 and 11/24</p> 				
27 Pancakes Cereal	28 Lemon Loaf Cereal	29 Maple Waffle Cereal	30 Blueberry Muffin Cereal	24 For more information, official rules, & submission guidelines, please visit 

We use foods with 100% whole grains



Calling Artists of all Ages - Create an Original Piece of Art to Celebrate African Americans and Oakland

The Oakland Public Library is thrilled to announce the special limited-edition Library Card Contest, a creative initiative celebrating the contributions of African Americans to the arts in Oakland. This contest will run from October 15 to November 15, 2023, with the winning designs featured on library cards available to patrons February 1, 2024, in celebration of Black History Month. Scan the QR code above to find out more information.

"This institution is an equal opportunity provider."



Two milk options are available every day.

For More Nutritional Information and to View Menus: www.ousd.org/nutrition






Menu Subject to change



November Breakfast Menu 2023

YMCA @ Burbank



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Each day two of the fruits below will be served for students to choose from: Tangerines, Red Apples, Pears, Cranberries and Bananas (Cooking Sites Only)</p>		1 Waffle 	2 Blueberry Muffin 	3 Concha
6 Strawberry Boli	7 Apple Cinnamon Scone	8 Cereal	9 Cinnamon Roll	10 No School Holiday 
13 Cereal	14 Lemon Loaf	15 Waffle	16 Blueberry Muffin	17 Concha
20 Strawberry Boli	21 Apple Cinnamon Scone	22 Cereal <i>Early Closure 2pm</i>	<div> <div> Thanksgiving Break YMCA Program closed  </div> </div>	
27 Cereal	28 Lemon Loaf	29 Waffle	30 Blueberry Muffin	24 For more information, official rules, & submission guidelines, please visit 

For More Nutritional Information and to View Menus: www.ousd.org/nutrition



Calling Artists of all Ages - Create an Original Piece of Art to Celebrate African Americans and Oakland

The Oakland Public Library is thrilled to announce the special limited-edition Library Card Contest, a creative initiative celebrating the contributions of African Americans to the arts in Oakland. This contest will run from October 15 to November 15, 2023, with the winning designs featured on library cards available to patrons on February 1, 2024, in celebration of Black History Month. Scan the QR code above to find out more information.

"This institution is an equal opportunity provider."



Two milk options are available every day.

Menu Subject to change

November Lunch Menu 2023

OUSD Child Development Center



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CDC students will receive
a mixed salad or baby
carrots as their vegetable.



Beef Hot Dog



Cheese Ravioli



Veggie Chow Mein

Cheese Pizza

Hamburger

Chicken n' Waffles

Beef Bolognese
Pasta

**No School
Holiday**

Cheese Pizza

Crispy Chicken
Sandwich

Beef Hot Dog

Cheese Ravioli

Beef Tacos

Cheese Pizza

Hamburger

Quesadilla

Thanksgiving Break

Schools Closed 11/20-11/24
CDCs closed 11/23 and 11/24



Cheese Pizza

Hamburger

Chicken n' Waffles

Beef Bolognese
Pasta



November's Harvest of the Month - Persimmons

Persimmons are a unique fruit that was originally grown in China and Japan. Persimmons possess a treasure trove of essential nutrients, supplying ample dietary fibres and being low on calories, fat, and cholesterol. They provide a several key vitamins - vitamin C for immunity, vitamin A for healthy vision, vitamin E for heart and skin wellness, vitamins B1, B2 for elevated metabolism, vitamin K for helping any cuts you have to heal quickly and vitamin B6 for increased focus. Try a tasty Persimmon from your School's Produce Bar today.



Two milk options
are available every day.



For More Nutritional Information and to View Menus: www.ousd.org/nutrition

Menu Subject to change




November Lunch Menu 2023

TK-8th Grade Cooking Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November's Produce Bar Menu <i>Students will be given a variety of the following produce to choose from each day: Red Apples, Celery Sticks, Corn, Petite Bananas, Edamame, Cucumbers, Cherry Tomatoes, Pears, Romaine Lettuce, and Tangerines.</i> 		1 Beef Hot Dog Veggie Burger 	2 Chicken Mashed Potato Bowl w/ Roll Ravioli w/ Roll 	3 Chicken Chow Mein Cheese Tamale
6 Pepperoni* Pizza Cheese Pizza	7 Cheeseburger Veggie Burger	8 Chicken n' Waffles Quesadilla	9 Beef Bolognese Pasta Mac & Cheese w/ Corn Bread	10 No School Holiday 
13 Pepperoni* Pizza Cheese Pizza	14 Crispy Chicken Sandwich Grilled Cheese	15 Beef Hot Dog Veggie Burger	16 Chicken Mashed Potato Bowl w/ Roll Ravioli w/ Roll	17 Chicken Chow Mein Cheese Tamale
<div>  Thanksgiving Break Schools Closed 11/20-11/24 CDCs closed 11/23 and 11/24  </div>				
27 Pepperoni* Pizza Cheese Pizza	28 Crispy Chicken Sandwich Grilled Cheese	29 Beef Hot Dog Veggie Burger	30 Chicken Mashed Potato Bowl w/ Roll Ravioli w/ Roll	24  <p>*Our Pepperoni is made from Turkey not Pork</p>

Two Milk options are available every day.




We use foods with 100% whole grains


November's Harvest of the Month - Persimmons

Persimmons are a unique fruit that was originally grown in China and Japan. Persimmons possess a treasure trove of essential nutrients, supplying ample dietary fibers and being low on calories, fat, and cholesterol. They provide several key vitamins - vitamin C for immunity, vitamin A for healthy vision, vitamin E for heart and skin wellness, vitamins B1, and B2 for elevated metabolism, vitamin K for helping any cuts you have to heal quickly, and vitamin B6 for increased focus. Try a tasty Persimmon from your School's Produce Bar today.

Menu Subject to change

"This institution is an equal opportunity provider."

On Mondays Low Fat Chocolate Milk is an option




For More Nutritional Information and to View Menus: www.ousd.org/nutrition



November Lunch Menu 2023

TK-8th Grade Satellite Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

November's Produce Bar Menu

Students will be given a variety of the following produce to choose from each day: Red Apples, Celery Sticks, Corn, Petite Bananas, Edamame, Cucumbers, Cherry Tomatoes, Pears, Romaine Lettuce, and Tangerines.



**No School
Holiday**

Thanksgiving Break

Schools Closed 11/20-11/24
CDCs closed 11/23 and 11/24



November's Harvest of the Month - Persimmons

Persimmons are a unique fruit that was originally grown in China and Japan. Persimmons possess a treasure trove of essential nutrients, supplying ample dietary fibres and being low on calories, fat, and cholesterol. They provide a several key vitamins - vitamin C for immunity, vitamin A for healthy vision, vitamin E for heart and skin wellness, vitamins B1, and B2 for elevated metabolism, vitamin K for helping any cuts you have to heal quickly and vitamin B6 for increased focus. Try a tasty Persimmon from your School's Produce Bar today.



Two milk options are available every day.

We use foods with 100% whole grains



On Mondays Low Fat Chocolate Milk is an option



"This institution is an equal opportunity provider."

For More Nutritional Information and to View Menus: www.ousd.org/nutrition

Menu Subject to change

November Lunch Menu 2023

6th-8th Grade Cooking Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

November's Produce Bar Menu- Students will be given a variety of the following produce to choose from each day
Red Apples, Celery Sticks, Corn, Petite Bananas, Edamame, **HOTM - Persimmons**, Cucumbers, Cherry Tomatoes, Pears, Tangerines, and Romaine Lettuce

Pepperoni* Pizza

Cheeseburger

Chicken n' Waffles

Turkey and Cheese Sandwich

Cheese Pizza

Chicken Burrito

Bean and Cheese Burrito

Kung Pao Chicken

Chicken Salad Sandwich

Beef Hot Dog

Cheese Tamale

Pepperoni* Pizza

Turkey and Cheese Sandwich

Tuna Salad Sandwich

Kung Pao Chicken

Chicken Burrito

Bean & Cheese Burrito

Teriyaki Wings w/ Dinner Roll

Veggie Pizza

Turkey and Cheese Sandwich

Veggie Pizza

Teriyaki Wings w/ Dinner Roll

Turkey and Cheese Sandwich

Teriyaki Wings w/ Dinner Roll

Veggie Pizza

Turkey and Cheese Sandwich

Grilled Cheese

Cheese Pizza

Tuna Salad Sandwich

Chicken Mashed Potato Bowl w/ Roll

Cheese Pizza

Beef Bolognese Pasta

BBQ Chicken Sandwich

Chicken Salad Sandwich

Grilled Cheese

Cheese Pizza

Tuna Salad Sandwich

Chicken Mashed Potato Bowl w/ Roll

Cheese Pizza

Beef Chili w/ Cornbread

Philly Cheesesteak

Turkey and Cheese Sandwich

No School Holiday

Cheese Pizza

Beef Chili w/ Cornbread

Philly Cheesesteak

Turkey and Cheese Sandwich

Thanksgiving Break

Schools Closed 11/20-11/24

CDCs closed 11/23 and 11/24

Beef Hot Dog

Cheese Tamale

Pepperoni* Pizza

Turkey and Cheese Sandwich

Tuna Salad Sandwich

Kung Pao Chicken

Chicken Burrito

Bean & Cheese Burrito

Teriyaki Wings w/ Dinner Roll

Veggie Pizza

Turkey and Cheese Sandwich

Grilled Cheese

Cheese Pizza

Tuna Salad Sandwich

Chicken Mashed Potato Bowl w/ Roll



*Our Pepperoni is made from Turkey not Pork

November's Harvest of the Month - Persimmons

Persimmons are a unique fruit that was originally grown in China and Japan. Persimmons possess a treasure trove of essential nutrients, supplying ample dietary fibers and being low on calories, fat, and cholesterol. They provide several key vitamins - vitamin C for immunity, vitamin A for healthy vision, vitamin E for heart and skin wellness, vitamins B1, and B2 for elevated metabolism, vitamin K for helping any cuts you have to heal quickly, and vitamin B6 for increased focus. Try a tasty Persimmon from your School's Produce Bar today.



Two milk options are available every day.

We use foods with 100% whole grains



On Mondays Low Fat Chocolate Milk is an option



"This institution is an equal opportunity provider."

For More Nutritional Information and to View Menus: www.ousd.org/nutrition

Menu Subject to change



November Lunch Menu 2023

9th - 12th Grade Cooking Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November's Produce Bar Menu- Students will be given a variety of the following produce to choose from each day Red Apples, Celery Sticks, Corn, Petite Bananas, Edamame, HOTM - Persimmons , Cucumbers, Cherry Tomatoes, Pears, Tangerines, and Romaine Lettuce				
Cheeseburger 6 Pepperoni* Pizza Chicken n' Waffles Turkey and Cheese Sandwich	Cheese Pizza 7 Chicken Burrito Bean and Cheese Burrito Kung Pao Chicken Chicken Salad Sandwich	Teriyaki Wings w/ Roll 8 Veggie Pizza Turkey and Cheese Sandwich	Grilled Cheese 9 Cheese Pizza Tuna Salad Sandwich Chicken Mashed Potato Bowl w/ Roll	Cheese Pizza 10 Beef Chili w/ Cornbread Philly Cheesesteak Chicken Mashed Potato Bowl w/ Roll
Cheese Tamale 13 Beef Hot Dog Pepperoni* Pizza Turkey and Cheese Sandwich	Cheese Pizza 14 Tuna Salad Sandwich Crispy Chicken Sandwich Chicken Chow Mein	Teriyaki Wings w/ Roll 15 Veggie Pizza Turkey and Cheese Sandwich	Grilled Cheese 16 Cheese Pizza Tuna Salad Sandwich Chicken Mashed Potato Bowl w/ Roll	Cheese Pizza 17 Beef Chili w/ Cornbread Philly Cheesesteak Chicken Mashed Potato Bowl w/ Roll
Thanksgiving Break Schools Closed 11/20-11/24 CDCs closed 11/23 and 11/24				
Cheese Tamale 27 Beef Hot Dog Pepperoni* Pizza Turkey and Cheese Sandwich	Cheese Pizza 28 Tuna Salad Sandwich Crispy Chicken Sandwich Chicken Chow Mein	Teriyaki Wings w/ Roll 29 Veggie Pizza Turkey and Cheese Sandwich	Grilled Cheese 30 Cheese Pizza Tuna Salad Sandwich Chicken Mashed Potato Bowl w/ Roll	*Our Pepperoni is made from Turkey not Pork

For More Nutritional Information and to View Menus: www.ousd.org/nutrition



Two milk options are available every day.

We use foods with 100% whole grains



November's Harvest of the Month - Persimmons

Persimmons are a unique fruit that was originally grown in China and Japan. Persimmons possess a treasure trove of essential nutrients, supplying ample dietary fibres and being low on calories, fat, and cholesterol. They provide a several key vitamins - vitamin C for immunity, vitamin A for healthy vision, vitamin E for heart and skin wellness, vitamins B1, B2 for elevated metabolism, vitamin K for helping any cuts you have to heal quickly and vitamin B6 for increased focus. Try a tasty Persimmon from your School's Produce Bar today.

On Mondays Low Fat Chocolate Milk is an option



"This institution is an equal opportunity provider."

Menu Subject to change

November Lunch Menu 2023

9th-12th Grade Satellite Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

November's Produce Bar Menu- Students will be given a variety of the following produce to choose from each day
Red Apples, Celery Sticks, Corn, Petite Bananas, Edamame, **HOTM - Persimmons**, Cucumbers, Cherry Tomatoes, Pears, Tangerines, and Romaine Lettuce



6
Cheese Pizza
Pepperoni* Pizza
Turkey Sandwich

7
Cheeseburger
Veggie Burger
Turkey Sandwich

8
Cheese Quesadilla
Chicken n' Waffles
Turkey Sandwich

9
Turkey Sandwich
Beef Bolognese Pasta
Mac & Cheese w/
Cornbread

**No School
Holiday**

13
Cheese Pizza
Pepperoni* Pizza
Turkey Sandwich

14
Grilled Cheese
Turkey Sandwich
Crispy Chicken Sandwich

15
Turkey Sandwich
Beef Hot Dog
Veggie Burger

16
Turkey Sandwich
Ravioli w/ Roll
Chicken Teriyaki Bowl

17
Cheese Tamale
Turkey Sandwich
Chicken Chow Mein

Thanksgiving Break

Schools Closed 11/20-11/24
CDCs closed 11/23 and 11/24



27
Cheese Pizza
Pepperoni* Pizza
Turkey Sandwich

28
Grilled Cheese
Turkey Sandwich
Crispy Chicken Sandwich

29
Turkey Sandwich
Beef Hot Dog
Veggie Burger

30
Turkey Sandwich
Ravioli w/ Roll
Chicken Teriyaki Bowl


*Our Pepperoni is made
from Turkey not Pork

November's Harvest of the Month - Persimmons

Persimmons are a unique fruit that was originally grown in China and Japan. Persimmons possess a treasure trove of essential nutrients, supplying ample dietary fibres and being low on calories, fat, and cholesterol. They provide a several key vitamins - vitamin C for immunity, vitamin A for healthy vision, vitamin E for heart and skin wellness, vitamins B1, B2 for elevated metabolism, vitamin K for helping any cuts you have to heal quickly, and vitamin B6 for increased focus. Try a tasty Persimmon from your School's Produce Bar today.



Two milk options are
available every day

We use foods
with 100% whole
grains



On Mondays Low Fat
Chocolate Milk
is an option



"This institution is an equal opportunity provider."

For More Nutritional Information and to View Menus: www.ousd.org/nutrition

Menu Subject to change

November Lunch Menu 2023

YMCA @ Burbank



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CDC students will receive
a mixed salad or baby
carrots as their vegetable.



Veggie Burger



Cheese Ravioli



Veggie Chow Mein

Cheese Pizza

Hamburger

Chicken n' Waffles

Beef Bolognese
Pasta

**No School
Holiday**

Cheese Pizza

Crispy Chicken
Sandwich

Veggie Burger

Cheese Ravioli

Beef Tacos

Cheese Pizza

Hamburger

Quesadilla

Early Closure 2pm

Thanksgiving Break

Schools Closed 11/20-11/24
YMCA closed 11/23 and 11/24



Cheese Pizza

Hamburger

Chicken n' Waffles

Beef Bolognese
Pasta



November's Harvest of the Month - Persimmons



Persimmons are a unique fruit that was introduced to India just a century ago by European settlers, originally grown in China and Japan. Persimmons possess a treasure trove of essential nutrients, supplying ample dietary fibres and being low on calories, fat, and cholesterol to aid in weight loss. They provide a several key vitamins - vitamin C for immunity, vitamin A for healthy vision, vitamin E for heart and skin wellness, vitamins B1, B2 for elevated metabolism, vitamin K for normal blood clotting and tissue repair mechanisms and vitamin B6 for augmenting brain power, nervous system activity. Try a tasty Persimmon from your School's Produce Bar today.

We use foods
with 100% whole
grains



Two milk options
are available every day.



For More Nutritional Information and to View Menus: www.ousd.org/nutrition

Menu Subject to change



November Supper Menu 2023

CDC's and YMCA @ Burbank



MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Visit these Bay Area Museums and Attractions for \$3 or less!

Admission is \$3 or less for up to four people per EBT card these and other attractions
- The Oakland Zoo, The Oakland Museum, Chabot Space and Science Center, Habitat, Lindsay Wildlife Experience, The San Francisco Zoo, The Children's Creativity Museum, and the Exploratorium. Check out **Museums For All's** Website for a complete list of participating Bay Area attractions.

Cracker
+
Fruit

6

Cheese
+
Fruit

7

Cracker
+
Fruit

8

Cheese
+
Fruit

9

**No School
Holiday**

10



Cracker
+
Fruit

13

Cheese
+
Fruit

14

Cracker
+
Fruit

15

Cheese
+
Fruit

16

Cracker
+
Fruit

17

Cracker
+
Fruit

20

Cheese
+
Fruit

21

Cracker
+
Fruit

22

Thanksgiving Break
CDCs & YMCA
Closed 11/23 and 11/24

24



Cracker
+
Fruit

27

Cheese
+
Fruit

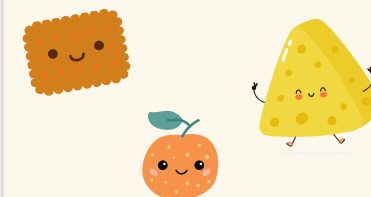
28

Cracker
+
Fruit

29

Cheese
+
Fruit

30



DID YOU KNOW?

-November 5th is the end of Day Lights savings time. Clocks will go back one hour at 2 am!

-The largest pumpkin pie weighed about 3,700 pounds and had a diameter of 20 feet. It took 1,212 pounds of canned pumpkin, 2,796 eggs, 525 pounds of sugar and 440 sheets of dough to make the pie.

-November 27th is when the Full Moon occurs this month. This moon is historically called "The Beaver Moon" as it was during this time of year that hunters would set their beaver traps for the last time before the lakes and water sources where they lived froze over for the Winter.

"This institution is an equal opportunity provider."

For More Nutritional Information and to View Menus: www.ousd.org/nutrition

Menu Subject to change



We use foods
with 100% whole
grains





November Supper Menu 2023

TK-12th Grade Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Visit these Bay Area Museums and Attractions for \$3 or less!

Admission is \$3 or less for up to four people per EBT card these and other attractions
- The Oakland Zoo, The Oakland Museum, Chabot Space and Science Center, Habitot, Lindsay Wildlife Experience, The San Francisco Zoo, The Children's Creativity Museum, and the Exploratorium. Check out **Museums For All's** Website for a complete list of participating Bay Area attractions.

6
Delicious Sunflower Spread,
Fritos Corn Chips®,
Carrots w/ Ranch Seasoning,
100% Juice, Milk

7
Jack Links® Chicken Bites,
String Cheese, 100% Juice,
Sliced Apples, Wheat
Crackers, Milk

8
Cheese Cup, Tortilla Chips,
Carrots w/ Ranch Seasoning,
100% Juice, Milk

9
Butterball® Turkey Stick,⁹
Sunflower Seeds, 100% Juice,
Whole Grain Cinnamon
Grahams,
Apple Sauce , Milk

10

**No School
Holiday**



13
Sunbutter Sandwich,
Carrots w/ Ranch Seasoning,
100% Juice, Milk

14
Honey and Cranberry Trail
Mix, String Cheese, Corn
Nuts Kettle Corn®, Jicama
Sticks, Milk

15
Cheese Cubes,
Whole Wheat Crackers,
Apple Slices, Milk
100% Juice

16
Butterball® Turkey Stick,¹⁶
Sunflower Seeds, 100% Juice,
Whole Grain Cinnamon
Grahams,
Apple Sauce , Milk

17
Roasted Kettle Corn
Flavored Chickpeas,
String Cheese, Apple Slices,
Cheddar Chex Mix® ,
Milk, 100% Juice

Thanksgiving Break

Schools Closed 11/20-11/24

CDCs closed 11/23 and 11/24

27
Sunbutter Sandwich,
Carrots w/ Ranch Seasoning,
100% Juice, Milk

28
Honey and Cranberry Trail Mix,
String Cheese,
Corn Nuts Kettle Corn®,
Jicama Sticks, Milk

29
Cheese Cubes,
Whole Wheat Crackers,
Apple Slices, Milk
100% Juice


30
Butterball® Turkey Stick,³⁰
Sunflower Seeds, 100% Juice,
Whole Grain Cinnamon
Grahams,
Apple Sauce , Milk


24



DID YOU KNOW?

-November 5th is the end of Day Lights savings time. Clocks will go back one hour at 2 am!

-The largest pumpkin pie weighed about 3,700 pounds and had a diameter of 20 feet. It took 1,212 pounds of canned pumpkin, 2,796 eggs, 525 pounds of sugar and 440 sheets of dough to make the pie. 

-November 27th is when the Full Moon occurs this month. This moon is historically called "The Beaver Moon" as it was during this time of year that hunters would set their beaver traps for the last time before the lakes and water sources where they lived froze over for the Winter. 

"This institution is an equal opportunity provider."

For More Nutritional Information and to View Menus: www.ousd.org/nutrition

Menu Subject to change



We use foods
with 100% whole
grains