



January's Flower is the Snow Drop

January 2024

OUSD 9-12th grade Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OUSD Winter Break

Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024
Some CDC's will be open during the break. Please check with your CDC for more information.



No School
Teacher's Planning
Day

Lemon Loaf
Cereal

Maple Waffle
Cereal

Blueberry Muffin
Cereal

French Toast Sticks
Cereal



Apple Cinnamon
Scone
Cereal

Concha
Cereal

Cinnamon Roll
Cereal

Banana Bread
Cereal

Pancakes
Cereal

Bagel
w/ Cream Cheese
Cereal

Maple Waffle
Cereal

Blueberry Muffin
Cereal

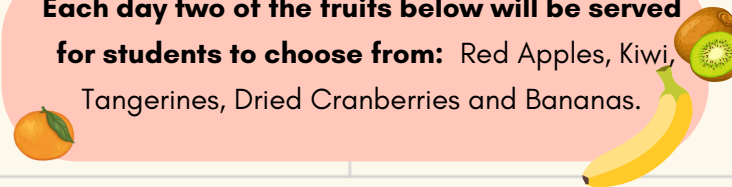
French Toast Sticks
Cereal

Strawberry Boli
Cereal

Apple Cinnamon
Scone
Cereal

Concha
Cereal

**Each day two of the fruits below will be served
for students to choose from:** Red Apples, Kiwi,
Tangerines, Dried Cranberries and Bananas.



New Year New You: Be Your Best Self

Being a Teenager is hard these days. High School is a critical time in your life. Even though you are still figuring out so many things the choices you make now could affect the rest of your life. As we go into 2024 think about how you can work to be your best self. What are habits or things that you would like to change? Getting enough rest and eating healthy are good ways to help yourself be more focused in school. Being friends with people who are making positive choices and who are focused on their goals is another way you can help keep yourself on track. Giving back or supporting your community by looking for volunteer opportunities is a way to feel part of a positive change. Seeking out a mentor from your community or school can help you meet your goals by giving you feedback and ideas about the next steps you may want to take. Look for clubs or groups at school you can join to help you meet other students interested in the same things you are. What ideas do you have for being your best self?



Two milk options
are available
every day.



We use foods
with 100%
whole grains

Menu Subject to change

"This institution is an equal opportunity provider."


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



January 2024

OUSD Breakfast BIC Menu



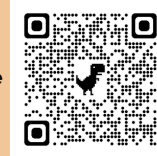
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
OUSD Winter Break Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024 Some CDC's will be open during the break. Please check with your CDC for more information.				
8	9	10	11	12
No School Teacher's Planning Day	Cereal	Maple Waffle	Blueberry Muffin	Concha
15	16	17	18	19
No School  MLK Day	Strawberry Boli	Apple Cinnamon Scone	Cinnamon Roll	Cereal
22	23	24	25	26
Concha	Bagel w/ Cream Cheese	Maple Waffle	Blueberry Muffin	Concha
29	30	31	Each day two of the fruits below will be served for students to choose from: Red Apples, Kiwi, Tangerines, Dried Cranberries and Bananas.	
Strawberry Boli	Apple Cinnamon Scone	Cereal		

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



Is your child starting Middle or High School next year? Make sure you apply to Enroll in OUSD today!

The on-time application window opened on Dec 1st. Apply up until February 10th and get the best opportunity to access your preferred school. If you have any questions you can Email enroll@ousd.org or Text 510-879-4600. Use the QR code to go to the OUSD Enroll website and open an Enroll account. There is also a directory of all the Oakland Public schools so that you can read about the different schools and programs in OUSD! If you can take your child on a tour or visit day to see schools in person to meet staff and talk to students. Taking the time to do research on your options will help you make this big decision



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Menu Subject to change


January 2024

OUSD CDC Breakfast Menu



January's Flower is the Snow Drop



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
OUSD Winter Break Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024 Some CDC's will be open during the break. Please check with your CDC for more information.				
8	9	10	11	12
No School Teacher's Planning Day	Lemon Loaf	Maple Waffle	Apple Muffin	Concha
15	16	17	18	19
No School  MLK Day	Apple Cinnamon Scone	Cereal	Cinnamon Roll	Cereal
22	23	24	25	26
Cereal	Lemon Loaf	Maple Waffle	Apple Muffin	Concha
29	30	31		
Strawberry Boli	Apple Cinnamon Scone	Cereal		



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



We use foods
with 100%
whole grains



Count down to Kindergarten! Make sure you Apply to Enroll today!

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Menu Subject to change


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January 2024

OUSD YMCA @ Burbank Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
OUSD Winter Break Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024 Some CDC's will be open during the break. Please check with your CDC for more information.				
8	9	10	11	12
No School Teacher's Planning Day	Lemon Loaf	Maple Waffle	Apple Muffin	Concha
15	16	17	18	19
No School  MLK Day	Apple Cinnamon Scone	Cereal	Cinnamon Roll	Cereal
22	23	24	25	26
Cereal	Lemon Loaf	Maple Waffle	Apple Muffin	Concha
29	30	31		
Strawberry Boli	Apple Cinnamon Scone	Cereal		



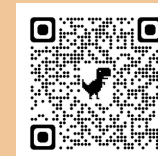
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Early Closure 2 pm



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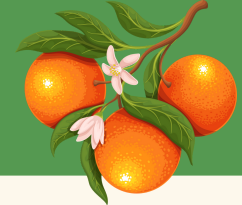


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Menu Subject to change

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January 2024

OUSD K-8 Satellite Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
OUSD Winter Break Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024 Some CDC's will be open during the break. Please check with your CDC for more information.				
8	9	10	11	12
No School Teacher's Planning Day	Pepperoni Pizza Cheese Pizza	Hot Dog Veggie Burger	Crispy Chicken Sandwich Grilled Cheese	Chicken Rice Fried Cheese Tamale
15	16	17	18	19
No School  MLK Day	Pepperoni Pizza Cheese Pizza	Chicken n' Waffles Cheese Quesadilla	Hamburger Veggie Burger	Beef Tacos Bean & Cheese Burrito
22	23	24	25	26
Pepperoni Pizza Cheese Pizza	Crispy Chicken Sandwich Grilled Sandwich	Hot Dog Veggie Burger	Chicken Teriyaki Roll Ravioli w/ Roll	Chicken Fried Rice Cheese Tamale
29	30	31	January Produce Bar Menu <i>Students will be given a variety of the following produce to choose from each day: Red apples, Sliced Radishes, Mandarin Tangerines, Cucumbers, Spring Mix of Lettuce, Jicama, Carrots, Oranges, Edamame, and rotating seasonal local Organic Kiwis*</i> <small>*From Wild River Farms in Marysville</small>	
Pepperoni Pizza Cheese Pizza	Cheese Hamburger Veggie Burger	Chicken n' Waffles Cheese Quesadilla		

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Two milk options are available every day.

We use foods with 100% whole grains



Menu Subject to change



January's Harvest of the Month : Mandarins!

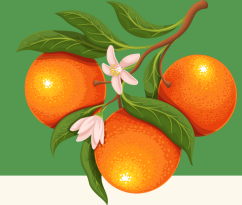
We starting off the new year strong with our HOTM Mandarins! Mandarins are a good source of vitamin C and phytonutrients and have antioxidant and anti-inflammatory benefits. In addition, some research suggests citrus fruits may help to prevent some cancers and other chronic diseases. Pick one up from your Produce Bar today!



Chocolate Low Fat Milk is available on Mondays



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January 2024

OUSD CDC Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
OUSD Winter Break Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024 Some CDC's will be open during the break. Please check with your CDC for more information.				
8	9	10	11	12
No School Teacher's Planning Day	Cheese Pizza	Hot Dog	Crispy Chicken Sandwich	Veggie Chow Mein
15	16	17	18	19
No School  MLK Day	Cheese Pizza	Chicken & Waffles	Hamburger	Beef Tacos
22	23	24	25	26
Cheese Pizza	Crispy Chicken Sandwich	Hot Dog	Cheese Ravioli w/ Roll	Veggie Chow Mein
29	30	31	January Produce Bar Menu <i>Students will be given a variety of the following produce to choose from each day: Red apples, Sliced Radishes, Mandarin Tangerines, Cucumbers, Spring Mix of Lettuce, Jicama, Carrots, Oranges, Edamame, and rotating seasonal local Organic Kiwis*</i> <small>*From Wild River Farms in Marysville</small>	
Cheese Pizza	Hamburger	Chicken & Waffles		

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January 2024

OUSD YMCA @ Burbank Lunch Menu

MONDAY

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WEDNESDAY

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FRIDAY

OUSD Winter Break

Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024

Some CDC's will be open during the break. Please check with your CDC for more information.

No School
Teacher's Planning
Day

Cheese Pizza

Veggie Burger

Crispy Chicken
Sandwich

Veggie
Chow Mein

No School



MLK Day

Cheese Pizza

Chicken & Waffles

Hamburger

Beef Tacos

Early Closure 2 pm

Cheese Pizza

Crispy Chicken
Sandwich

Veggie Burger

Cheese Ravioli
w/ Roll

Veggie
Chow Mein

January Produce Bar Menu

Students will be given a variety of the following produce to choose from each day: Red apples, fresh sliced radishes, **HOTM Mandarins**, Cucumbers, Spring Mix of Lettuce, Jicama, Carrots, Oranges, Edamame, and rotating seasonal organic Kiwis*.

*From Wild River Fruit Farms in Marysville 118 miles away from Oakland

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We use foods with 100% whole grains



Menu Subject to change

January's Harvest of the Month: Mandarins!



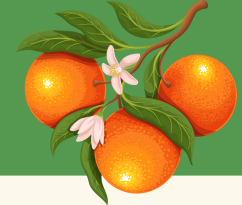
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January 2024

OUSD 9th-12th Satellite Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
OUSD Winter Break Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024 Some CDC's will be open during the break. Please check with your CDC for more information.				
8	9	10	11	12
No School Teacher's Planning Day	Pepperoni Pizza Cheese Pizza	Hot Dog Veggie Burger	Crispy Chicken Sandwich Grilled Cheese	Chicken Rice Fried Cheese Tamale
15	16	17	18	19
No School  MLK Day	Pepperoni Pizza Cheese Pizza	Chicken n' Waffles Cheese Quesadilla	Hamburger Veggie Burger	Beef Tacos Bean & Cheese Burrito
22	23	24	25	26
Pepperoni Pizza Cheese Pizza	Crispy Chicken Sandwich Grilled Cheese	Hot Dog Veggie Burger	Chicken Teriyaki Roll Ravioli w/ Roll	Chicken Fried Rice Cheese Tamale
29	30	31	January Produce Bar Menu <i>Students will be given a variety of the following produce to choose from each day: Red apples, fresh sliced radishes, Mandarin Tangerines, Cucumbers, Spring Mix of Lettuce, Jicama, Carrots, Oranges, Edamame, and rotating seasonal organic Kiwis*.</i> <small>*From Wild River Fruit Farms in Marysville 118 miles away from Oakland</small>	
Pepperoni Pizza Cheese Pizza	Cheese Hamburger Veggie Burger	Chicken n' Waffles Cheese Quesadilla		

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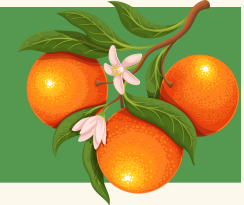
Two milk options are available every day.



A Turkey & Cheese Sandwich is also available each day.


Menu Subject to change

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January 2024

OUSD K-8 Cooking Lunch Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
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8	9	10	11	12
No School Teacher's Planning Day	Crispy Chicken Sandwich Grilled Cheese	Hot Dog Veggie Burger	Chicken Teriyaki Ravioli w/ Roll	Chicken Chow Mein Cheese Tamale
15	16	17	18	19
No School  MLK Day	Cheeseburger Veggie Burger	Chicken N' Waffles Cheese Quesadilla	Beef Bolognese Mac & Cheese	Beef Tacos Bean & Cheese Burrito
22	23	24	25	26
Pepperoni Pizza Cheese Pizza	Crispy Chicken Sandwich Grilled Cheese	Hot Dog Veggie Dog	Ravioli w/ Roll Chicken Teriyaki Bowl	Chicken Chow Mein Cheese Tamale
29	30	31	January Produce Bar Menu <i>Students will be given a variety of the following produce to choose from each day: Red Apples, Fresh Sliced Radishes, Mandarin Tangerines, Cucumbers, Spring Mix of Lettuce, Jicama, Carrots, Oranges, Edamame, and rotating seasonal organic local Kiwis*.</i> <small>*From Wild River Fruit Farms in Marysville 118 miles away from Oakland</small>	
Pepperoni Pizza Cheese Pizza	Cheeseburger Veggie Burger	Chicken N' Waffles Cheese Quesadilla		


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Two milk options are available every day.

We use foods made with 100% whole grains





January's Harvest of the Month : Mandarins!

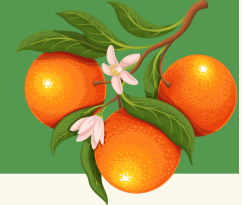
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Chocolate Low Fat Milk is available on Mondays



Menu Subject to change

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January 2024

OUSD 9-12th Grade Cooking Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OUSD Winter Break

Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024

Some CDC's will be open during the break. Please check with your CDC for more information.

No School
Teacher's Planning
Day

No School



MLK Day

Hot Dog

Cheese Tamale

Pepperoni Pizza

Turkey & Cheese Sandwich

Cheese Burger

Chicken & Waffles

Pepperoni Pizza

Turkey & Cheese Sandwich

Tuna Sandwich

Chicken Chow Mein

Crispy Chicken Sandwich

Cheese Pizza

Chicken Burrito

Chicken Salad Sandwich

Kung Pao Chicken

Bean & Cheese Burrito

Tuna Sandwich

Chicken Chow Mein

Crispy Chicken Sandwich

Cheese Pizza

Chicken Salad Sandwich

Kung Pao Chicken

Chicken Burrito

Bean & Cheese Burrito

Turkey & Cheese Sandwich

Teriyaki Wings w/ a Roll

Veggie Pizza

Turkey & Cheese Sandwich

Teriyaki Wings w/ a Roll

Veggie Pizza

Turkey & Cheese Sandwich

Teriyaki Wings

Veggie Pizza

Turkey & Cheese Sandwich

Teriyaki Wings

Veggie Pizza

Tuna Sandwich

Chicken Teriyaki Bowl

Grilled Cheese

Cheese Pizza

Cheese Pizza

Pasta Bolognese

BBQ Chicken Sandwich

Chicken Salad Sandwich

Tuna Sandwich

Chicken Teriyaki Bowl

Grilled Cheese

Cheese Pizza

Cheese Pizza

Philly Cheesesteak

Beef Chili w/ Cornbread

Turkey & Cheese Sandwich

Cheese Pizza

Mac & Cheese w/ Roll

Beef Tacos

Turkey & Cheese Sandwich

Cheese Pizza

Philly Cheesesteak

Beef Chili w/ Cornbread

Turkey & Cheese Sandwich

January Produce Bar Menu

Students will be given a variety of the following produce to choose from each day: Red Apples, Fresh Sliced Radishes, Mandarin Tangerines, Cucumbers, Spring Mix of Lettuce, Jicama, Carrots, Oranges, Edamame, and rotating seasonal organic Kiwis*.

*From Wild River Fruit Farms in Marysville 118 miles away from Oakland

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We use foods made with 100% whole grains



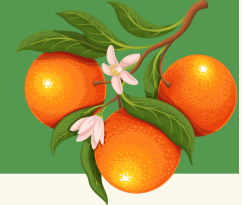
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January 2024

OUSD 6th-8th Grade Cooking Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OUSD Winter Break

Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024

Some CDC's will be open during the break. Please check with your CDC for more information.

No School
Teacher's Planning
Day

No School



MLK Day

Hot Dog

Cheese Tamale

Pepperoni Pizza

Turkey & Cheese Sandwich

Cheese Burger

Chicken & Waffles

Pepperoni Pizza

Turkey & Cheese Sandwich

Tuna Sandwich

Chicken Chow Mein

Crispy Chicken Sandwich

Cheese Pizza

Chicken Burrito

Chicken Salad Sandwich

Kung Pao Chicken

Bean and Cheese Burrito

Tuna Sandwich

Chicken Chow Mein

Crispy Chicken Sandwich

Cheese Pizza

Chicken Salad Sandwich

Kung Pao Chicken

Chicken Burrito

Bean and Cheese Burrito

Turkey & Cheese Sandwich

Teriyaki Wings w/ a Roll

Veggie Pizza

Turkey & Cheese Sandwich

Teriyaki Wings w/ a Roll

Veggie Pizza

Turkey & Cheese Sandwich

Teriyaki Wings

Veggie Pizza

Turkey & Cheese Sandwich

Teriyaki Wings

Veggie Pizza

Tuna Sandwich

Chicken Teriyaki Bowl

Grilled Cheese

Cheese Pizza

Cheese Pizza

Pasta Bolognese

BBQ Chicken Sandwich

Chicken Salad Sandwich

Tuna Sandwich

Chicken Teriyaki Bowl

Grilled Cheese

Cheese Pizza

Cheese Pizza

Philly Cheesesteak

Beef Chili w/ Cornbread

Turkey & Cheese Sandwich

Cheese Pizza

Mac & Cheese w/ Roll

Beef Tacos

Turkey & Cheese Sandwich

Cheese Pizza

Philly Cheesesteak

Beef Chili w/ Cornbread

Turkey & Cheese Sandwich

January Produce Bar Menu

Students will be given a variety of the following produce to choose from each day: Red Apples, Fresh Local Radishes, HOTM Mandarins, Cucumbers, Spring Mix of Lettuce, Jicama, Carrots, Oranges, Edamame, and rotating seasonal organic Kiwis*.

*From Wild River Fruit Farms in Marysville 118 miles away from Oakland

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Chocolate Low Fat Milk is available on Mondays



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January 2024

OUSD TK-12th Grade Supper Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OUSD Winter Break

Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024
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**No School
Teacher's Planning
Day**



Italian Combo Sandwich,
100% Juice, Sliced Apples,
Milk

Delicious Dips Spread,
Fritos® Corn Chips,
Mini Carrots, 100% Juice,
Milk

Butterball® Turkey Stick,
Sunflower Seeds, 100% Juice,
Mini Cinnamon Grahams,
and Apple Sauce

Butterball® Turkey Stick,
Sunflower Seeds, 100% Juice,
Mini Cinnamon Grahams,
and Apple Sauce

Honey Cranberry Trail Mix,
Kettle Corn Crunch, Milk,
String Cheese, Mini Carrots

Jack Links® Chicken Bites,
String Cheese, Sliced Apples,
100% Juice, Wheat Cracker,
Kettle Corn Crunch, Milk

Land O' Lakes® Colby Jack
Cheese Cubes ,
Wheat Crackers, 100% Juice,
Sliced Apples, and Milk

Tortilla Chips, Cheese Sauce,
Mini Carrots, 100% Juice,
Milk

Land O' Lakes® Colby Jack
Cheese Cubes ,
Wheat Crackers, 100% Juice,
Sliced Apples, and Milk

Tortilla Chips, Cheese Sauce,
Mini Carrots, 100% Juice,
Milk

Butterball® Turkey Stick,
Sunflower Seeds, 100% Juice,
Mini Cinnamon Grahams,
and Apple Sauce

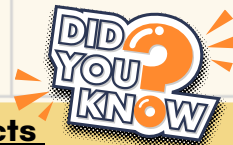
Butterball® Turkey Stick,
Sunflower Seeds, 100% Juice,
Mini Cinnamon Grahams,
and Apple Sauce

Butterball® Turkey Stick,
Sunflower Seeds, 100% Juice,
Mini Cinnamon Grahams,
and Apple Sauce

Italian Combo Sandwich,
100% Juice, Sliced Apples,
Milk

Italian Combo Sandwich,
100% Juice, Sliced Apples,
Milk

Italian Combo Sandwich,
100% Juice, Sliced Apples,
Milk



January Fun Facts



-Martin Luther King Jr.'s Birthday was made a Federal Holiday in 1983 **but not all 50 States recognized it as a holiday until 2000.**

-January is known to be the **coldest** month in the Northern Hemisphere and the **warmest** in the Southern Hemisphere.

-In some cultures eating Black Eyes Peas on New Year's Day is considered good luck. In other cultures eating Lobster or Chicken on New Year's is considered bad luck.

- **January is Book Month.** Head to your local library and check out and read some great new books today.

-Babies born in January are most likely to be famous.

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We use foods
made with 100%
whole grains

Menu Subject to change



January 2024

OUSD CDC/YMCA Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OUSD Winter Break

Schools will be Closed 12/25-1/8. School will resume on Tuesday, Jan. 9th, 2024
Some CDC's will be open during the break. Please check with your CDC for more information.

No School
Teacher's Planning
Day

Cheese Stick
+
Fruit

Whole Wheat Cracker
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Cracker
+
Fruit



Cheese Stick
+
Fruit

Whole Wheat Cracker
+
Fruit

Cheese Stick
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Fruit

Whole Wheat Cracker
+
Fruit

Whole Wheat Cracker
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Cracker
+
Fruit

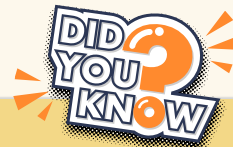
Cheese Stick
+
Fruit

Whole Wheat Cracker
+
Fruit

Whole Wheat Cracker
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Cracker
+
Fruit



January Fun Facts

-Martin Luther King Jr.'s Birthday was made a Federal Holiday in 1983 **but not all 50 States recognized it as a holiday until 2000.**

-January is known to be the **coldest** month in the Northern Hemisphere and the **warmest** in the Southern Hemisphere.

-In some cultures eating Black Eyes Peas on New Year's Day is considered good luck. In other cultures eating Lobster or Chicken on New Year's is considered bad luck.

- **January is Book Month.** Head to your local library and check out and read some great new books today.

-Babies born in January are most likely to be famous.

"This institution is an equal opportunity provider."



We use foods
made with 100%
whole grains

Menu Subject to change



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