

February 2024

OUSD 9th-12th grade Breakfast Menu

February's Flower is Primrose

MONDAY




TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



			<p>1</p> <p>Cinnamon Roll</p> <p>Cereal</p>	<p>2</p> <p>Mini Banana Bread</p> <p>Cereal</p>
<p>5</p> <p>Pancakes</p> <p>Cereal</p>	<p>6</p> <p>Bagel w/ Cream Cheese</p> <p>Cereal</p>	<p>7</p> <p>Maple Waffle</p> <p>Cereal</p>	<p>8</p> <p>Blueberry Muffin</p> <p>Cereal</p>	<p>9</p> <p>French Toast Sticks</p> <p>Cereal</p>
<p>12</p> <p>Strawberry Boli</p> <p>Cereal</p>	<p>13</p> <p>Apple Cinnamon Scone</p> <p>Cereal</p>	<p>14</p> <p>Concha</p> <p>Cereal</p>	<p>15</p> <p>Cinnamon Roll</p> <p>Cereal</p>	<p>16</p> <p>Holiday No School</p>  <p>for Students</p>
<p>19</p> <p>Holiday No School</p>  <p>for Students</p>	<p>20</p> <p>Bagel w/ Cream Cheese</p> <p>Cereal</p>	<p>21</p> <p>Maple Waffle</p> <p>Cereal</p>	<p>22</p> <p>Blueberry Muffin</p> <p>Cereal</p>	<p>23</p> <p>French Toast Sticks</p> <p>Cereal</p>
<p>26</p> <p>Strawberry Boli</p> <p>Cereal</p>	<p>27</p> <p>Apple Cinnamon Scone</p> <p>Cereal</p>	<p>28</p> <p>Concha</p> <p>Cereal</p>	<p>29</p> <p>Cinnamon Roll</p> <p>Cereal</p>	<p>Each day students can choose from two of the following: Red Apples, Kiwi, Tangerines, Bananas, & Dried Cranberries.</p>

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

We use foods made with 100% whole grains

Two milk options are available every day.



Black History Month Celebrations In Oakland This Month



-Look for **Black Culture Family** read-ins at **Oakland Libraries** all Month. Check out their webpage for more information. They will be giving away **FREE** books.

-2/24 and 2/25 **Children's Fairyland** will celebrate the ingenuity, contributions, triumphs, and culture of Oakland's African-American community with special activities

-2/24 2-3 pm **Chabot Space and Science Center** will hold a **Black Panther Celebration**. Check the **Commons Archive website** for more info.

2/25 12:30 pm Join the **Black Joy Parade** at 14th and Franklin Downtown and then attend the Festival until 7 pm. The event is **FREE** and family-friendly. Check out their website www.BlackJoyParade.org for more information or to donate towards the cost of putting on this event.

Lunar New Year in Oakland

-2/3 11- 4 pm Register & Join the **Oakland Asian Cultural Center** for their **Lunar New Year X Black History Month** Celebration

-2/17 11-4 pm Celebrate **Lunar New Year** at the **Oakland Museum**

2/18 11 - 1 pm **Lunar New Year Parade** Starts at Wilma Chan Park



2024 is the year of the Dragon

"This institution is an equal opportunity provider."

Menu Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Count down to 6th or 9th Grade</div> <div>On Time registration is open until 2/10 to enroll in 6th or 9th grade for next fall. 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.</div>			1 Cinnamon Roll	2 Cereal
5 Cereal	6 Bagel w/ Cream Cheese	7 Maple Waffle	8 Blueberry Muffin	9 French Toast Sticks
12 Strawberry Boli	13 Apple Cinnamon Scone	14 Cereal	15 Cinnamon Roll	16 <div>Holiday No School for Students</div> 
19 <div>Holiday No School for Students</div> 	20 Cereal	21 Maple Waffle	22 Blueberry Muffin	23 French Toast Sticks
26 Strawberry Boli	27 Apple Cinnamon Scone	28 Cereal	29 Cinnamon Roll	<div>Each day students can choose from two of the following: Red Apples, Kiwi, Tangerines, Bananas, & Dried Cranberries.</div>

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OUSD CDC Breakfast Menu

February's Flower is Primrose

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	Lunar New Year Celebrations in Oakland -2/3 11-4 pm Register and join the Oakland Asian Cultural Center for their Lunar New Year X Black History Month Celebration -2/17 11-4 pm Celebrate Lunar New Year at the Oakland Museum 2/18 11-1 pm Lunar New Year Parade Starts at Wilma Chan Park 2024 is the year of the Dragon		1 Cinnamon Roll	2 Cereal
5 Cereal	6 Bagel w/ Cream Cheese	7 Maple Waffle	8 Blueberry Muffin	9 French Toast Sticks
12 Strawberry Boli	13 Apple Cinnamon Scone	14 Cereal	15 Cinnamon Roll	16 Holiday No School for Students
19 Holiday No School for Students	20 Cereal	21 Maple Waffle	22 Blueberry Muffin	23 French Toast Sticks
26 Strawberry Boli	27 Apple Cinnamon Scone	28 Cereal	Cinnamon Roll	Count down to Kindergarten! You can apply up until February 10 to enroll in Kinder or TK for 24/25. 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.

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February 2024

OUSD YMCA @ Burbank Breakfast Menu

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19 	20 Cereal	21 Maple Waffle	22 Blueberry Muffin	23 French Toast Sticks
26 Strawberry Boli	27 Apple Cinnamon Scone	28 Cereal	29 Cinnamon Roll	Early Closure 2 pm  Count down to Kindergarten! You can apply up until February 10 to enroll in Kinder or TK for 24/25. 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.

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	Each day an assortment of the following will be served for students to choose from: Red Apples, Romain Lettuce, Kiwi, Oranges, Carrots, HOTM Broccoli , Cucumbers, Tangerines, Jicama Sticks, and Edamame.		1 Pasta w/ Beef Bolognese Mac & Cheese	2 Beef Tacos Bean & Cheese Burrito
5 Turkey Pepperoni Pizza Cheese Pizza	6 Crispy Chicken Sandwich Grilled Cheese	7 Hot Dog Veggie Burger	8 Chicken Teriyaki Bowl Cheese Ravioli w/ Roll	9 Chicken Fried Rice Cheese Tamale
12 Turkey Pepperoni Pizza Cheese Pizza	13 Hamburger Veggie Burger	14 Chicken & Waffles Cheese Quesadilla 	15 Pasta w/ Beef Bolognese Mac & Cheese	16 <div> Holiday No School  for Students </div>
19 <div> Holiday No School  for Students </div>	20 Turkey Pepperoni Pizza Cheese Pizza	21 Hot Dog Veggie Burger	22 Crispy Chicken Sandwich Grilled Cheese	23 Chicken Fried Rice Cheese Tamale
26 Turkey Pepperoni Pizza Cheese Pizza	27 Hamburger Veggie Burger	28 Chicken & Waffles Cheese Quesadilla	29 Pasta w/ Beef Bolognese Mac & Cheese	Lunar New Year is 2/10  2024 is the year of the Dragon

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February Harvest Of The Month: Broccoli

Broccoli comes from the **Cruciferous** vegetable family, including Brussels Sprouts, Kale, and Cauliflower. In the United States, **90%** of it is grown here in **California**. It is **high** in **Vitamins C** and **K**, **Iron**, and **Potassium**. It contains **glucosinolates**, which the body can turn into substances that **fight cancer**. Broccoli's **anti-inflammatory**, **antioxidant**, and **fiber-rich** properties support **heart health**. It can be eaten cooked or raw and is **low in calories**. Try some from your **Produce Bar** today.



Chocolate Milk is available on Mondays



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19 	20 Turkey Pepperoni Pizza Cheese Pizza	21 Hot Dog Veggie Burger	22 Crispy Chicken Sandwich Grilled Cheese	23 Chicken Fried Rice Cheese Tamale
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<div>5</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>6</div> <div>Crispy Chicken Sandwich</div> <div>Grilled Cheese</div>	<div>7</div> <div>Hot Dog</div> <div>Veggie Burger</div>	<div>8</div> <div>Chicken Teriyaki Bowl</div> <div>Cheese Ravioli w/ Roll</div>	<div>9</div> <div>Chicken Fried Rice</div> <div>Cheese Tamale</div>
<div>12</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>13</div> <div>Hamburger</div> <div>Veggie Burger</div>	<div>14</div> <div>Chicken & Waffles</div> <div>Cheese Quesadilla</div>	<div>15</div> <div>Pasta w/ Beef Bolognese</div> <div>Mac & Cheese w/ Roll</div>	<div>16</div> <div>Holiday No School for Students</div>
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Two milk options are available every day.

We use foods made with 100% whole grains



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<div>5</div> Turkey & Cheese Sandwich Cheese Tamale Hot Dog Turkey Pepperoni Pizza	<div>6</div> Tuna Salad Sandwich Chicken Chow Mein Crispy Chicken Sandwich Cheese Pizza	<div>7</div> Turkey & Cheese Sandwich Teriyaki Chicken Wings w/ Roll Veggie Pizza	<div>8</div> Tuna Salad Sandwich Chicken Teriyaki Bowl Grilled Cheese Cheese Pizza	<div>9</div> Turkey & Cheese Sandwich Beef Chili w/ Cornbread Philly Cheesesteak Cheese Pizza
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<div>19</div> <div> Holiday No School  for Students </div>	<div>20</div> Tuna Salad Sandwich Chicken Chow Mein Crispy Chicken Sandwich Cheese Pizza	<div>21</div> Turkey & Cheese Sandwich Teriyaki Chicken Wings w/ Roll Veggie Pizza	<div>22</div> Tuna Salad Sandwich Chicken Teriyaki Bowl Grilled Cheese Cheese Pizza	<div>23</div> Turkey & Cheese Sandwich Beef Chili w/ Cornbread Philly Cheesesteak Cheese Pizza
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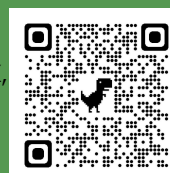
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February 2024

OUSD TK-12th Grade Supper Menu



MONDAY

TUESDAY

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Lunar New Year Facts



-The **Lunar New Year** falls on a different day each year. This year it is on **Saturday, February 10th**.
 -In China each year is linked to a different animal. 2024 is the year of the **Dragon**. It is the 5th animal in the Chinese Zodiac. 2024 is forecasted to bring about changes, opportunities, and challenges.
 -The New Year celebrations last for **15 days** and children receive red envelopes with money inside.
 -Happy New Year is **Xin Nian Kai Le** in Mandarin or **Gung Hay Fat Choy** in Cantonese.
 -The **San Francisco** Lunar New Year Parade and Festival have been happening since **1851**. It is one of the largest Asian cultural events in North America. This year the Parade and Festival will be on **2/24**.



Sliced Apples, 100% Juice,
Turkey Bologna & Cheese
Sandwich, Milk,

Honey Cranberry Tail Mix,
Carrots, Kettle Corn Crunch,
String Cheese, Milk

Colby Jack Cheese Squares,
Whole Wheat Crackers,
Apple Slices, 100% Juice,
Milk

Turkey Pepperoni
Pizza Kit, Milk, Carrots,
& 100% Juice

Sweet Heat Trail Mix,
Honey Roasted
Sunflower seeds,
Dorito® Nacho Cheese Chips
Carrots, & Milk

Delicious Dips snack spread,
Fritos® Corn Chips,
100% juice, Carrots,
Milk

Jack Links Chicken BBQ Bits,
String Cheese, 100% Juice,
Whole Wheat Cracker,
Sliced Apples, Milk

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

Turkey Pepperoni
Pizza Kit, Milk, Carrots,
& 100% Juice

**Holiday No School
for Students**

**Holiday No School
for Students**

Jack Links Chicken BBQ Bits,
String Cheese, 100% Juice,
Whole Wheat Cracker,
Sliced Apples, Milk

Colby Jack Cheese Squares,
Whole Wheat Crackers,
Apple Slices, 100% Juice,
Milk

Turkey Pepperoni
Pizza Kit, Milk, Carrots,
& 100% Juice

Turkey Ham & Cheese
Sandwich, 100% Juice,
Apple Slices, Milk

Delicious Dips snack spread,
Fritos® Corn Chips,
100% juice, Carrots,
Milk

Jack Links Chicken BBQ Bits,
String Cheese, 100% Juice,
Whole Wheat Cracker,
Sliced Apples, Milk

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

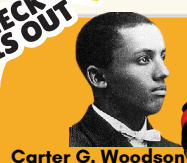
Turkey Pepperoni
Pizza Kit, Milk, Carrots,
& 100% Juice



Sitting or standing, breathe deeply
and slowly for around five minutes.
Count to three on the inhale and three
again on the exhale. If you like put
your hands on your stomachs to feel
the air as it moves in and out.



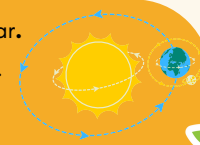
**CHECK
THIS OUT**



Carter G. Woodson

Amanda Gorman

-Our planet takes approximately **365.25 days** to orbit the sun once. It's that **.25** which creates the need for a **leap year** every 4 years like this year.
 -**Black History Month** has been celebrated in February for over 40 years. **Carter G Woodson** started it in the second week of February in 1926.
 -**February** is the only month that can go without a full moon. This year there will be a Full Moon called the "Snow Moon" on 2/24.
 -African American **Amanda Gorman** in 2022 was the youngest Inaugural Poet at 22 in US history with her Poem "**The Hill We Climb**."
 -The US put the first man on the moon in 1969 using calculations by African American **Katherine Johnson** and two other "human computers" **Dorothy Vaughan** and **Mary Jackson**. The movie "**Hidden Figures**" is based on their story.



Katherine Johnson

February and Black History Month Facts

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OAKLAND
Incredible



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<div> <div>5</div> <div>Cheese Pizza</div> </div>	<div> <div>6</div> <div>Crispy Chicken Sandwich</div> </div>	<div> <div>7</div> <div>Hot Dog</div> </div>	<div> <div>8</div> <div>Cheese Ravioli w/ Tomato Sauce</div> </div>	<div> <div>9</div> <div>Veggie Chow Mein</div> </div>
<div> <div>12</div> <div>Cheese Pizza</div> </div>	<div> <div>13</div> <div>Hamburger</div> </div>	<div> <div>14</div> <div>Chicken & Waffles</div> <div>  </div> </div>	<div> <div>15</div> <div>Pasta w/ Beef Bolognese Sauce</div> </div>	<div> <div>16</div> <div> <div>Holiday No School</div> <div>  </div> <div>for Students</div> </div> </div>
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<div> <div>5</div> <p>Cheese Pizza</p> </div>	<div> <div>6</div> <p>Crispy Chicken Sandwich</p> </div>	<div> <div>7</div> <p>Veggie Burger</p> </div>	<div> <div>8</div> <p>Cheese Ravioli w/ Tomato Sauce</p> </div>	<div> <div>9</div> <p>Veggie Chow Mein</p> </div>
<div> <div>12</div> <p>Cheese Pizza</p> </div>	<div> <div>13</div> <p>Hamburger</p> </div>	<div> <div>14</div> <p>Chicken & Waffles</p> </div>	<div> <div>15</div> <p>Pasta w/ Beef Bolognese Sauce</p> </div>	<div> <div>16</div> <p>Beef Tacos</p> </div>
<div> <div>19</div> <p>Holiday No School for Students</p> </div>	<div> <div>20</div> <p>Crispy Chicken Sandwich</p> </div>	<div> <div>21</div> <p>Veggie Burger</p> </div>	<div> <div>22</div> <p>Cheese Ravioli w/ Tomato Sauce</p> </div>	<div> <div>23</div> <p>Veggie Chow Mein</p> </div>
<div> <div>26</div> <p>Cheese Pizza</p> </div>	<div> <div>27</div> <p>Hamburger</p> </div>	<div> <div>28</div> <p>Chicken & Waffles</p> </div>	<div> <div>29</div> <p>Pasta w/ Beef Bolognese Sauce</p> </div>	<div> <p>Lunar New Year is 2/10</p>  <p>2024 is the year of the Dragon</p> </div>

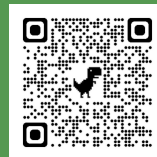
We use foods with 100% whole grains



Two milk options are available every day.

February Harvest Of The Month: Broccoli

Broccoli comes from the **Cruciferous vegetable** family, including Brussels Sprouts, Kale, and Cauliflower. In the United States, **90%** of it is grown here in **California**. It is **high** in **Vitamins C** and **K**, **Iron**, and **Potassium**. It contains **glucosinolates**, which the body can turn into substances that **fight cancer**. Broccoli's **anti-inflammatory**, **antioxidant**, and **fiber-rich** properties support **heart health**. It can be eaten cooked or raw and is **low in calories**. Try some from your **Produce Bar** today.



"This institution is an equal opportunity provider."

Use the QR code to find out more about the HOTM

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

Menu Subject to change



February 2024

OUSD YMCA @ Burbank Snack Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunar New Year Facts



- The **Lunar New Year** falls on a different day each year. This year it is on **Saturday, February 10th**.
- In China each year is linked to a different animal. 2024 is the year of the **Dragon**. It is the 5th animal in the Chinese Zodiac. 2024 is forecasted to bring about changes, opportunities, and challenges.
- The New Year celebrations last for **15 days** and children receive red envelopes with money inside.
- Happy New Year is **Xin Nian Kai Le** in Mandarin or **Gung Hay Fat Choy** in Cantonese.
- The **San Francisco** Lunar New Year Parade and Festival have been happening since **1851**. It is one of the largest Asian cultural events in North America. This year the Parade and Festival will be on **2/24**.



Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit



Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

Early Closure at 2 pm

**Holiday No School
for Students**



Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit



Sitting or standing, breathe deeply and slowly for around five minutes. Count to three on the inhale and three again on the exhale. If you like put your hands on your stomachs to feel the air as it moves in and out.

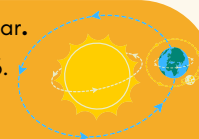
February and Black History Month Facts



Carter G Woodson

Amanda Gorman

- Our planet takes approximately **365.25 days** to orbit the sun once. It's that **.25** which creates the need for a **leap year** every 4 years like this year.
- **Black History Month** has been celebrated in February for over 40 years. **Carter G Woodson** started it in the second week of February in 1926.
- **February** is the only month that can go without a full moon. This year there will be a Full Moon called the "Snow Moon" on 2/24.
- African American **Amanda Gorman** in 2022 was the youngest Inaugural Poet at 22 in US history with her Poem "**The Hill We Climb**."
- NASA put the first US Crew on the moon in **1969** using calculations by African American **Katherine Johnson** and two other "human computers" **Dorothy Vaughan** and **Mary Jackson**. The movie "**Hidden Figures**" is based on their story.



Katherine Johnson



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We use foods with 100% whole grains



CHECK THIS OUT

Menu Subject to change

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February 2024

OUSD CDC Snack Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunar New Year Facts



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5

6

7

8

9

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

12

13

14

15

16

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit



Cheese Stick
+
Fruit

**Holiday No School
for Students**



19

20

21

22

23

**Holiday No School
for Students**



Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

26

27

28

29

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

Whole Wheat Crackers
+
Fruit

Cheese Stick
+
Fruit

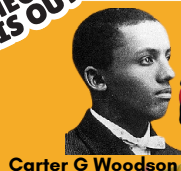
**inhale
exhale**



Sitting or standing, breathe deeply and slowly for around five minutes. Count to three on the inhale and three again on the exhale. If you like put your hands on your stomachs to feel the air as it moves in and out.

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Carter G Woodson



Amanda Gorman



Katherine Johnson



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