



May 2024

TK-8th Grade Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<div>Each day Students will be offered two Fruits from the following: Red Apples, Petite Bananas, Cara Cara Oranges, Mandarin Tangerines, and Dried Cranberries.</div> 		1 Maple Waffle	2 Muffin	3 Concha	
6 Strawberry Boli	7 Banana Muffin	8 Cereal	9 Cinnamon Roll	10 Cereal	
13 Cereal	14 Bagel w/ Cream Cheese	15 Maple Waffle	16 Muffin	17 Concha	
20 Strawberry Boli	21 Banana Muffin	22 Cereal	23 Cinnamon Roll	24 Cinnamon Roll	
27	28	<div><div>Oakland Libraries Summer Reading Program OPL Summer 2024 starts May 25th and ends August 3rd. People of all ages can register to participate in this annual program. When you play you can qualify to win prizes at the end of the program by completing the reading log, participating in Online Programming, or helping in your community. Check out the QR code for more info.</div></div>			31

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



We use Foods that are Whole Grain Rich

1% & Nonfat Milk are available every day



May Oakland Family Events

- 5/4 **Comic Book Day** The Oakland Public Library, in partnership with local comic book shops, will bring free comic books to library patrons on **Free Comic Book Day**. One comic book per customer.
- 5/1 **MOCHA Art** will be at the **Main Library** 2-3:30 pm. They will be also be at **West Oakland Library** 5/3 3:30-5 pm, **Cesar Chavez Library** 5/6 3:30-5 pm, & **Elmhurst Library** 5/9 2-3:30 pm.
- 5/11 The **Chalk Art Festival** at **Jack London** from 1-4:00 pm. The event will include several **Chalk Artists**, interactive art, a DJ, kids chalk zone, and live painting.
- 5/12 **Free Children's Book Day** The Second Sunday of the Month children 12 and under can receive a **Free Book** from the **Bookmark Bookstore** at 721 Washington Street. 10:30 am-5:30 pm.
- 5/19 **Let's Play Ball Oakland** at **Defermery Park** from 11- 2 pm there will be **Baseball and Softball Clinics** along with a Family Festival with games and activities.



Menu Subject to change

"This institution is an equal opportunity provider."




May 2024

YMCA @ Burbank Breakfast Menu

May's Flower is Hawthorn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Oakland Libraries FREE Summer Reading Program OPL Summer 2024 Reading Program starts May 25th and ends August 3rd. People of all ages can register to participate in this annual program. When you play you can qualify to win prizes at the end of the program by completing the reading log, participating in Online Programming, or helping in your community. Check out the QR code for more info.</div>  		1 Maple Waffle	2 Muffin	3 Yogurt
6 Yogurt	7 Banana Muffin	8 Cereal	9 Yogurt	10 Cereal
13 Cereal	14 Bagel w/ Cream Cheese	15 Maple Waffle	16 Muffin	17 Yogurt
20 Yogurt	21 Banana Muffin	22 Cereal	23 Yogurt	24 Cereal
27 Cereal	28 Bagel w/ Cream Cheese	Maple Waffle	30 Muffin	31 Cereal

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May Oakland Family Events

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Menu Subject to change



May 2024 CDC Breakfast Menu


May's Flower is Hawthorn



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Oakland Libraries FREE Summer Reading Program OPL Summer 2024 Reading Program starts May 25th and ends August 3rd. People of all ages can register to participate in this annual program. When you play you can qualify to win prizes at the end of the program by completing the reading log, participating in Online Programming, or helping in your community. Check out the QR code for more info.</div>  		1 Maple Waffle	2 Muffin	3 Yogurt
6 Yogurt	7 Banana Muffin	8 Cereal	9 Yogurt	10 Cereal
13 Cereal	14 Bagel w/ Cream Cheese	15 Maple Waffle	16 Muffin	17 Yogurt
20 Yogurt	21 Banana Muffin	22 Cereal	23 Yogurt	24 Cereal
27  Holiday	28 Bagel w/ Cream Cheese	29 Maple Waffle	30 Muffin	31 Concha

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May Oakland Family Events

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-5/1 **MOCHA Art** will be at the **Main Library** from 2-3:30 pm. They will be at **West Oakland Library** 5/3 3:30-5 pm, **Cesar Chavez Library** 5/6 3:30-5 pm, & **Elmhurst Library** 5/9 2-3:30 pm.

-5/11 **Chalk Art Festival** at **Jack London** from 1-4 pm. The event will include Chalk Artists, interactive art, a DJ, kids chalk zone, and live painting.

-5/12 **Free Children's Book Day** The Second Sunday of the Month **children 12 and under** can receive a **Free Book** from the **Bookmark Bookstore** at 721 Washington Street. 10:30 am-5:30 pm.

-5/19 **Let's Play Ball Oakland** at **Defermery Park** from 11- 2 pm there will be **Baseball and Softball Clinics** and a **Family Festival** with games and activities.



Menu Subject to change

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May 2024

May's Flower is Hawthorn




9th - 12th Grade Breakfast Menu

View menus at www.ousd.org/nutrition


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>Each day Students will be offered two Fruits from the following: Red Apples, Petite Bananas, Cara Cara Oranges, Mandarin Tangerines, and Dried Cranberries.</div> 				1		2		3	
				Maple Waffle Cereal		Muffin Cereal		French Toast Sticks Cereal	
6		7		8		9		10	
Strawberry Boli Cereal		Banana Muffin		Cereal		Cinnamon Roll		Cereal	
13		14		15		16		17	
Cereal		Bagel w/ Cream Cheese		Maple Waffle		Muffin		Concha	
20		21		22		23		24	
Strawberry Boli		Banana Muffin		Cereal		Cinnamon Roll		Cereal	
27		28				Last Day of School		31	
						<div><div>Oakland Libraries Summer Reading Program OPL Summer 2024 starts May 25th and ends August 3rd. People of all ages can register to participate in this annual program. When you play you can qualify to win prizes at the end of the program by completing the reading log, participating in Online Programming, or helping in your community. Check out the QR code for more info.</div></div>			

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May Oakland Family Events

- 5/4 **Comic Book Day** The Oakland Public Library, in partnership with local comic book shops, will bring free comic books to library patrons on Free Comic Book Day. One comic per customer.
- 5/1 **MOCHA Art** will be at the **Main Library** 2-3:30 pm. They will be at **West Oakland Library** 5/3 3:30-5 pm, **Cesar Chavez Library** 5/6 3:30-5 pm, & **Elmhurst Library** 5/9 2-3:30 pm.
- 5/11 **Chalk Art Festival** at Jack London from 1-4 pm. The event will include Chalk Artists, interactive art, a DJ, kids chalk zone, and live painting.
- 5/12 **Free Children's Book Day** The Second Sunday of the Month children 12 and under can receive a Free Book from the Bookmark Bookstore at 721 Washington Street. 10:30 am-5:30 pm.
- 5/19 **Let's Play Ball Oakland** at Defermery Park from 11- 2pm there will be Baseball and Softball Clinics along with Family Festival with games and activities.

1% & Nonfat Milk are available every day 



Menu Subject to change

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May 2024

TK-8th Grade Satellite Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div>May's Produce Bar Menu- Students will be given a variety of the following produce to choose from each day: Mini Carrots, Snap Peas, Cara Cara Oranges, Jicama, Romain Lettuce, Petite Bananas, HOTM Strawberries, Red Apples, Mandarin Tangerines, & Edamame</div>		1	2	3
		Hot Dog* Veggie Burger*	Chicken Teriyaki Bowl* Cheese Ravioli w/ Roll*	Chicken Fried Rice Cheese Tamale
6	7	8	9	10
Turkey Pepperoni Pizza* Cheese Pizza*	Hamburger* Veggie Burger*	Chicken & Waffles* Cheese Quesadilla*	Pasta w/ Beef Bolognese* Mac & Cheese*	Beef Tacos* Been & Cheese Burrito*
13	14	15	16	17
Turkey Pepperoni Pizza* Cheese Pizza*	Crispy Chicken Sandwich* Grilled Cheese*	Hot Dog* Veggie Burger*	Chicken Teriyaki Bowl* Cheese Ravioli w/ Roll*	Chicken Fried Rice Cheese Tamale
20	21	22	23	24
Turkey Pepperoni Pizza* Cheese Pizza*	Hamburger* Veggie Burger*	Chicken & Waffles* Cheese Quesadilla*	Pasta w/ Beef Bolognese* Mac & Cheese* Last Day of School	5/23 is the Last Day of School
27	28	29	30	
			<div><div><p>OUSD Summer School Starts June 3rd*</p><p>In the Summer All OUSD students can eat FREE at any Open OUSD school</p></div><div><p>*A few schools start earlier. You must be enrolled to attend Summer School but not to enjoy Summer Meals. Contact your local school for Info.</p></div></div>	

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Asterisk marks *
Foods that are Whole Grain Rich

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May's Harvest of The Month: Strawberries
Strawberries are **low in calories**, delicious, and healthy. Strawberries contain **antioxidants**, including **Vitamin C**, which can **support** your **immune system** and may lower your chances of getting sick with germs. They also contain **fiber, folate, and potassium**. These mighty berries also curb inflammation and manage your blood sugar by avoiding spikes, throughout the day. **Strawberries grow** year-round in CA because of the sunny days and cool nights along the coast.



Menu Subject to change

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May 2024 CDC Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CDC Students will receive a mixed green salad or mini carrots each day as their vegetable.</p>  		1 Hot Dog*	2 Cheese Ravioli w/ Roll*	3 Chicken Fried Rice
6 Cheese Pizza*	7 Hamburger*	8 Chicken & Waffles*	9 Pasta* w/ Beef Bolognese Sauce	10 Beef Tacos*
13 Cheese Pizza*	14 Crispy Chicken Sandwich*	15 Hot Dog*	16 Cheese Ravioli w/ Roll*	17 Chicken Fried Rice
20 Cheese Pizza*	21 Hamburger*	22 Chicken & Waffles*	23 Pasta* w/ Beef Bolognese Sauce	24 Beef Tacos*
27  Memorial Day	28 Crispy Chicken Sandwich*	29 Hot Dog*	30 Cheese Ravioli w/ Roll*	31 Chicken Fried Rice

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May 2024

YMCA @ Burbank Lunch Menu





MONDAY

TUESDAY


WEDNESDAY


THURSDAY

FRIDAY

<p>CDC Students will receive a mixed green salad or mini carrots each day as their vegetable.</p>  		1 Veggie Burger*	2 Cheese Ravioli w/ Roll*	3 Chicken Fried Rice
6 Cheese Pizza*	7 Hamburger*	8 Chicken & Waffles*	9 Pasta* w/ Beef Bolognese Sauce	10 Beef Tacos*
13 Cheese Pizza*	14 Crispy Chicken Sandwich*	15 Veggie Burger*	16 Cheese Ravioli w/ Roll*	17 Chicken Fried Rice Early Closure 2 pm
20 Cheese Pizza*	21 Hamburger*	22 Chicken & Waffles*	23 Pasta* w/ Beef Bolognese Sauce Policy Council Meeting 2 pm	24 Beef Tacos*
27  Memorial Day	28 Crispy Chicken Sandwich*	29 Veggie Burger*	30 Cheese Ravioli w/ Roll*	31 Chicken Fried Rice

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May 2024

TK-8th Grade Cooking Lunch Menu

May's HOTM is Strawberries

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May's Produce Bar Menu- Students will be given a variety of the following produce to choose from each day: Mini Carrots, Snap Peas, Cara Cara Oranges, Jicama, Romain Lettuce, Petite Bananas, HOTM Strawberries , Red Apples, Mandarin Tangerines, & Edamame		1 Hot Dog* Veggie Burger*	2 Chicken Teriyaki Bowl Cheese Ravioli w/ Roll	3 Chicken Chow Mein Cheese Tamale
6 Turkey Pepperoni Pizza* Cheese Pizza*	7 Cheese Burger* Veggie Burger*	8 Chicken & Waffles* Cheese Quesadilla*	9 Pasta w/ Beef Bolognese Mac & Cheese w/ Cornbread	10 Beef Tacos Been & Cheese Burrito
13 Turkey Pepperoni Pizza* Cheese Pizza*	14 Crispy Chicken Sandwich* Grilled Cheese	15 Hot Dog* Veggie Burger*	16 Chicken Teriyaki Bowl Cheese Ravioli w/ Roll	17 Chicken Chow Mein Cheese Tamale
20 Turkey Pepperoni Pizza* Cheese Pizza*	21 Cheese Burger* Veggie Burger*	22 Chicken & Waffles* Cheese Quesadilla*	23 Pasta w/ Beef Bolognese Mac & Cheese w/ Cornbread	24 5/23 is the Last Day of School
27 	28	29	OUSD Summer School Starts June 3rd*  In the Summer All OUSD students can eat FREE at any Open OUSD school	
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May 2024

May's HOTM is Strawberries



9th-12th Grade Satellite Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div><div>May's Produce Bar Menu- Students will be given a variety of the following produce to choose from each day: Mini Carrots, Snap Peas, Cara Cara Oranges, Jicama, Romain Lettuce, Petite Bananas, HOTM Strawberries, Red Apples, Mandarin Tangerines, & Edamame</div><div></div></div></div>		1 <div>Hot Dog* Veggie Burger*</div>	2 <div>Chicken Teriyaki Bowl* Cheese Ravioli w/ Roll*</div>	3 <div>Chicken Fried Rice Cheese Tamale</div>
6 <div>Turkey Pepperoni Pizza* Cheese Pizza*</div>	7 <div>Hamburger* Veggie Burger*</div>	8 <div>Chicken & Waffles* Cheese Quesadilla</div>	9 <div>Pasta* w/ Beef Bolognese Mac & Cheese w/ Roll*</div>	10 <div>Beef Tacos* Been & Cheese Burrito*</div>
13 <div>Turkey Pepperoni Pizza* Cheese Pizza*</div>	14 <div>Crispy Chicken Sandwich* Grilled Cheese</div>	15 <div>Hot Dog* Veggie Burger*</div>	16 <div>Chicken Teriyaki Bowl* Cheese Ravioli w/ Roll*</div>	17 <div>Chicken Fried Rice Cheese Tamale</div>
20 <div>Turkey Pepperoni Pizza* Cheese Pizza*</div>	21 <div>Hamburger* Veggie Burger*</div>	22 <div>Chicken & Waffles* Cheese Quesadilla</div>	23 <div>Pasta* w/ Beef Bolognese Mac & Cheese w/ Roll*</div>	24 <div><div>5/23 is the Last Day of School</div></div>
27 <div><div><div></div><div>A Turkey & Cheese Sandwich is also available every day.</div></div></div>	28	29	31 <div><div><div>OUSD Summer School Starts June 3rd*</div><div></div><div>In the Summer All OUSD students can eat FREE at Open OUSD schools</div></div><div><div>*A few schools start earlier. You must be enrolled to attend Summer School but not to enjoy Summer Meals. Contact your local school for Info.</div></div></div>	

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May 2024


6th-8th Grade Cooking Lunch Menu

May's HOTM is Strawberries

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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Chicken & Waffles* Cheeseburger* Turkey Pepperoni Pizza* Turkey & Cheese Sandwich*	Kung Pao Chicken Chicken Salad Sandwich* Chicken Burrito* Bean Cheese Burrito* Cheese Pizza*	Lemon Pepper Wings W/ Roll* Veggie Pizza* Turkey & Cheese Sandwich	Chicken BBQ Sandwich* Chicken Salad Sandwich* Pasta w/ Beef Bolognese* Cheese Pizza*	Beef Tacos* Mac & Cheese w/ Cornbread* Cheese Pizza* Turkey & Cheese Sandwich*	
Turkey Pepperoni Pizza* Cheese Tamale Hot Dog* Turkey & Cheese Sandwich*	Chicken Chow Mein Crispy Chicken Sandwich* Tuna Salad Sandwich* Cheese Pizza*	Lemon Pepper Wings W/ Roll* Veggie Pizza* Turkey & Cheese Sandwich	Chicken Teriyaki Bowl Tuna Salad Sandwich* Grilled Cheese* Cheese Pizza*	Philly Cheese Steak* Beef Chili w/ Cornbread* Cheese Pizza* Turkey & Cheese Sandwich*	
Chicken & Waffles* Cheeseburger* Turkey Pepperoni Pizza* Turkey & Cheese Sandwich*	Kung Pao Chicken Chicken Salad Sandwich* Chicken Burrito* Bean Cheese Burrito* Cheese Pizza*	Lemon Pepper Wings W/ Roll* Veggie Pizza* Turkey & Cheese Sandwich	Chicken BBQ Sandwich* Chicken Salad Sandwich* Pasta w/ Beef Bolognese* Cheese Pizza*	<div><div></div><div>5/23 is the Last Day of School</div></div>	
<div><div></div></div>			<div><div><div><div></div><div>OUSD Summer School Starts June 3rd*</div><div>In the Summer All OUSD students can eat FREE at Open OUSD schools</div></div><div><div>*A few schools start earlier. You must be enrolled to attend Summer School but not to enjoy Summer Meals. Contact your local school for Info.</div></div></div></div>		

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May 2024


9th-12th Grade Cooking Lunch Menu

May's HOTM is Strawberries

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Chicken & Waffles* ⁶ Cheeseburger* Turkey Pepperoni Pizza* Turkey & Cheese Sandwich*	Kung Pao Chicken ⁷ Chicken Salad Sandwich* Chicken Burrito* Bean Cheese Burrito* Cheese Pizza*	Lemon Pepper Wings W/ Roll* ⁸ Veggie Pizza* Turkey & Cheese Sandwich*	Chicken BBQ Sandwich* ⁹ Chicken Salad Sandwich* Pasta w/ Beef Bolognese Cheese Pizza*	Beef Tacos* ¹⁰ Mac & Cheese w/ Cornbread* Cheese Pizza* Turkey & Cheese Sandwich*
Turkey Pepperoni Pizza* ¹³ Cheese Tamale Hot Dog* Turkey & Cheese Sandwich*	Chicken Chow Mein ¹⁴ Crispy Chicken Sandwich Tuna Salad Sandwich Cheese Pizza	Lemon Pepper Wings W/ Roll* ¹⁵ Veggie Pizza* Turkey & Cheese Sandwich*	Chicken Teriyaki Bowl ¹⁶ Tuna Salad Sandwich* Grilled Cheese* Cheese Pizza*	Philly Cheese Steak* ¹⁷ Beef Chili w/ Cornbread* Cheese Pizza* Turkey & Cheese Sandwich*
Chicken & Waffles* ²⁰ Cheeseburger* Turkey Pepperoni Pizza* Turkey & Cheese Sandwich*	Kung Pao Chicken ²¹ Chicken Salad Sandwich* Chicken Burrito* Bean Cheese Burrito* Cheese Pizza*	Lemon Pepper Wings W/ Roll* ²² Veggie Pizza* Turkey & Cheese Sandwich*	Chicken BBQ Sandwich* ²³ Chicken Salad Sandwich* Pasta w/ Beef Bolognese Cheese Pizza*	5/23 is the Last Day of School
 ²⁷	²⁸	²⁹	OUSD Summer School Starts June 3rd*  In the Summer All OUSD students can eat FREE at Open OUSD schools	

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May 2024

K-12th Grade Supper Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

A Tip for Dealing with Summer Stress

Staying healthy and active is a great way to manage summer stress. Make sure to drink lots of water, eat well, and get good rest. You will be surprised by the difference it makes.



6
Sweet BBQ bites, Raisins,
Honey Roasted Sunflower Seeds,
Cheez-it® Crackers,
100% Juice

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

8
Whole Wheat Crackers,
Colby Cheese Cubes,
Sliced Apples, 100% Juice,
Milk

9
Turkey Pepperoni Pizza Kit,
Mini Carrots,
100% Juice, Milk

10
Sweet Heat Trail Mix
Honey Roasted Sunflower Seeds,
Doritos® Nacho Cheese Chips,
Mini Carrots, Milk

13
Turkey Sandwich,
Sliced Apples,
100% Juice, Milk

14
Honey Cranberry Trail Mix,
Kettle Corn Crunch,
Mini Carrots, String Cheese,
Milk

15
Whole Wheat Crackers,
Colby Cheese Cubes,
Sliced Apples, 100% Juice,
Milk

16
Turkey Pepperoni Pizza Kit,
Mini Carrots,
100% Juice, Milk

17
Turkey Sandwich,
Sliced Apples,
100% Juice, Milk

20
Fritos® Corn Chips,
Delicious Spread, Mini Carrots,
100% Juice, Milk

21
Jack Links® Chicken Bites
String Cheese, Wheat Crackers,
Sliced Apples, 100% Juice,
Milk

22
Tortilla Chips, Cheese Cup,
Mini Carrots, 100% Juice,
Milk


23
Turkey Pepperoni Pizza Kit,
Mini Carrots,
100% Juice, Milk

24
**5/23 is the
Last Day of
School**

27

28

29

31
**OUSD Summer School
Starts June 3rd***

In the Summer All OUSD students can
eat FREE at Open OUSD schools
*A few schools start earlier. You must
be enrolled to attend Summer School
but not to enjoy Summer Meals.
Anyone under 18 can eat in the
summer for FREE at open Schools.
Contact your local school for Info.

May's Fun Facts

- May is **National Strawberry Month**. Farms here in **California** grow **88%** of the US-grown **Strawberries**. Each year about **1.8 billion pounds of Strawberries** are harvested in **California**.
- May 12th is **Mother's Day**. How will you celebrate your mother or other women in your life who have helped to mentor and support you? Take time to let them know how much they mean to you.
- May's Full Moon is called **"The Flower Moon"** because it happens at the time when lots of **blooming flowers** appear. It is also called the **Budding Moon**. We will see it on **Thursday, May 23rd**.
- Pull out a Calendar and you will see that **May** is special. May is the only month of the year where the day of the week it starts and ends does not match any other month.
- The **Great Sphinx in Egypt** was built sometime in 2000 BD. This was before we had **modern technology** but it was **intentionally** built to point directly at the **Sun** on the **Spring Equinox**.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div> A Tip for dealing with Summer Stress Staying healthy and active is a great way to manage summer stress. Make sure to stay well hydrated, eat well, and get good rest. You will be surprised by the difference it makes. </div>  </div>		1	2	3
		Fruit + Cracker	Fruit + Cheese Stick	Fruit + Cracker
6	7	8	9	10
Fruit + Cracker	Fruit + Cheese Stick	Fruit + Cracker	Fruit + Cheese Stick	Fruit + Cracker
13	14	15	16	17
Fruit + Cracker	Fruit + Cheese Stick	Fruit + Cracker	Fruit + Cheese Stick	Fruit + Cracker
20	21	22	23	24
Fruit + Cracker	Fruit + Cheese Stick	Fruit + Cracker	Fruit + Cheese Stick	Fruit + Cracker
27	28	29	30	31
<div> <div>No School</div>  <div>Holiday</div> </div>	Fruit + Cheese Stick	Fruit + Cracker	Fruit + Cheese Stick	Fruit + Cracker

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May's Fun Facts

- May is **National Strawberry Month**. Farms here in **California** grow **88%** of the US-grown **Strawberries**. Each year about **1.8 billion pounds of Strawberries** are harvested in **California**.
- May 12th is **Mother's Day**. How will you celebrate your mother or other women in your life who have helped to mentor and support you? Take time to let them know how much they mean to you.
- May's Full Moon is called **"The Flower Moon"** because it happens at the time when lots of **blooming flowers** appear. It is also called the **Budding Moon**. We will see it on **Thursday, May 23rd**.
- Pull out a Calendar and you will see that **May** is special. May is the only month of the year where the day of the week it starts and ends does not match any other month.
- The **Great Sphinx in Egypt** was built sometime in 2000 BD. This was before we had **modern technology** but it was **intentionally** built to point directly at the **Sun** on the **Spring Equinox**.



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<div> <div> A Tip for dealing with Summer Stress Staying healthy and active is a great way to manage summer stress. Make sure to stay well hydrated, eat well, and get good rest. You will be surprised by the difference it makes. </div>  </div>		1 Fruit + Cracker	2 Fruit + Cheese Stick	3 Fruit + Cracker
6 Fruit + Cracker	7 Fruit + Cheese Stick	8 Fruit + Cracker	9 Fruit + Cheese Stick	10 Fruit + Cracker
13 Fruit + Cracker	14 Fruit + Cheese Stick	15 Fruit + Cracker	16 Fruit + Cheese Stick	17 Fruit + Cracker Early Closure 2 pm
20 Fruit + Cracker	21 Fruit + Cheese Stick	22 Fruit + Cracker	23 Fruit + Cheese Stick Policy Council Meeting 2 pm	24 Fruit + Cracker
27 No School  Holiday	28 Fruit + Cheese Stick	29 Fruit + Cracker	30 Fruit + Cheese Stick	31 Fruit + Cracker

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