

# May 2024 TK-8th Grade Breakfast Menu



MONDA	ΑY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Red Apples	r <b>om the follow</b> s, Petite Banar Oranges, Mand	ving: nas, larin	Maple Waffle	2 Muffin	Concha
Strawberry	· Boli	7 Banana Muffin	8 Cereal	9 Cinnamon Roll	Cereal
Cereal	13	Bagel w/ Cream Cheese	Maple Waffle	Muffin	Concha
Strawberr	ry Boli	Banana Muffin	Cereal	Cinnamon Roll  Last Day of School	24
	27	28		Oakland Libraries Summe OPL Summer 2024 starts May 25th People of all ages can register to par program. When you play you can of the end of the program by comp participating in Online Programm community. Check out the Q	and ends August 3rd. ticipate in this annual ualify to win prizes at leting the reading log, ing, or helping in your





#### 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 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.



# May 2024 MOA a Burbank Broakfast



# YMCA @ Burbank Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Oakland Libraries FREE Sun OPL Summer 2024 Reading Progra August 3rd. People of all ages can annual program. When you play yo the end of the program by cor participating in Online Prograr community. Check out the O	am starts May 25th and ends register to participate in this ou can qualify to win prizes at mpleting the reading log, mming, or helping in your	Maple Waffle	2 Muffin	Yogurt	For More Nutriti
Yogurt	Banana Muffin	8 Cereal	Yogurt	10 Cereal	onal Intormation
Cereal	Bagel w/ Cream Cheese	Maple Waffle	Muffin	Yogurt  Early Closure 2 pm	n and to View M
Yogurt Yogurt	21 Banana Muffin	Cereal	Yogurt  Policy Council Meeting 2 pm	24 Cereal	For More Nutritional Intormation and to View Menus: www.ousd.org/nutition
Cereal	Bagel w/ Cream Cheese	Maple Waffle	Muffin	Cereal	.org/nutition



1% & Nonfat Milk are available every day

#### **May Oakland Family Events**

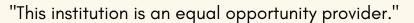
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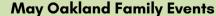
## May 2024 CDC Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oakland Libraries FREE Sum  OPL Summer 2024 Reading Program August 3rd. People of all ages can re annual program. When you play you the end of the program by comparticipating in Online Programs community. Check out the QF	n starts May 25th and ends egister to participate in this can qualify to win prizes at pleting the reading log, ming, or helping in your	Maple Waffle	2 Muffin	Yogurt
Yogurt	Banana Muffin	8 Cereal	Yogurt	Cereal
Cereal	Bagel w/ Cream Cheese	Maple Waffle	Muffin	Yogurt
Yogurt Yogurt	Banana Muffin	Cereal	Yogurt 23	Cereal
Schoo 27	Bagel w/ Cream Cheese	Maple Waffle	Muffin	Concha



1% & Nonfat Milk are available every day



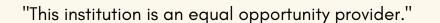
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-5/12 Free Children's Book Day The Second Sunday of the Month children 12 and under can receive a Free Book from the Bookmark Bookstore at 721 Washington Street. 10:30 am-5:30 pm.

-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.





### May 2024 9th - 12th Grade Breakfast Menu



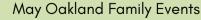
View menus at www.ousd.org/nutrition

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.

	Each day Students will be o	TUESDAY ffered	WEDNESDAY	THURSDAY 2	FRIDAY 3
	two Fruits from the follow	ring:	Maple Waffle	Muffin	French Toast Sticks
	Red Apples, Petite Banan Cara Cara Oranges, Mand Tangerines, and Dried Cranb	arin	Cereal	Cereal	Cereal
	6	7	8	9	10
	Strawberry Boli	Banana Muffin	Cereal	Cinnamon Roll	Cereal
	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
				Last Day of School	
-	27	28		Oakland Libraries Summe OPL Summer 2024 starts May 25th	







-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.

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-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.





# May 2024 TK-8th Grade Satellite Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May's Produce Bar Menu variety of the following produ Mini Carrots, Snap Peas, C Romain Lettuce, Petite Band Red Apples, Mandarin T	ara Cara Oranges, Jicama,	1 Hot Dog* Veggie Burger*	Chicken Teriyaki Bowl* Cheese Ravioli w/ Roll*	Chicken Fried Rice Cheese Tamale
Turkey Pepperoni Pizza* Cheese Pizza*	7 Hamburger* Veggie Burger*	8 Chicken & Waffles* Cheese Quesadilla*	Pasta w/ Beef Bolognese*  Mac & Cheese*	Beef Tacos* Been & Cheese Burrito*
Turkey Pepperoni Pizza*  Cheese Pizza*	14 Crispy Chicken Sandwich* Grilled Cheese*	Hot Dog* Veggie Burger*	16 Chicken Teriyaki Bowl* Cheese Ravioli w/ Roll*	Chicken Fried Rice Cheese Tamale
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	OUSD Summer School Starts June 3rd*  In the Summer All OUSD students co	



1% & Nonfat Milk are available every day 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.

### May 2024 CDC Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CDC Students will receive a mixed green salad or mini carrots each day as their vegetable.		1 Hot Dog*	2 Cheese Ravioli w/ Roll*	Chicken Fried Rice
6 Cheese Pizza*	7 Hamburger*	8 Chicken & Waffles*	Pasta* w/ Beef Bolognese Sauce	Beef Tacos*
Cheese Pizza*	Crispy Chicken Sandwich*	Hot Dog*	Cheese Ravioli w/ Roll*	Chicken Fried Rice
20 Cheese Pizza*	21 Hamburger*	22 Chicken & Waffles*	Pasta* w/ Beef Bolognese Sauce	Beef Tacos*
Schoo Memorial Day	28 Crispy Chicken Sandwich*	Hot Dog*	Theese Ravioli w/ Roll*	31 Chicken Fried Rice



1% & Nonfat Milk are available every day

May's Harvest of The Month: Strawberries

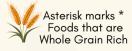
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### May 2024 YMCA @ Burbank Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CDC Students will receive a mixed green salad or mini carrots each day as their vegetable.		Veggie Burger*	2 Cheese Ravioli w/ Roll*	Chicken Fried Rice
Cheese Pizza*	7 Hamburger*	8 Chicken & Waffles*	Pasta* w/ Beef Bolognese Sauce	Beef Tacos*
Cheese Pizza*	Crispy Chicken Sandwich*	Veggie Burger*	Cheese Ravioli w/ Roll*	17 Chicken Fried Rice Early Closure 2 pm
Cheese Pizza*	Hamburger*	22 Chicken & Waffles*	Pasta* w/ Beef Bolognese Sauce  Policy Council Meeting 2 pm	Beef Tacos*
Schoo Memorial Day	28 Crispy Chicken Sandwich*	Veggie Burger*	Theese Ravioli w/ Roll*	31 Chicken Fried Rice



1% & Nonfat Milk are available every day

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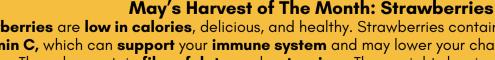
### May 2024 TK-8th Grade Cooking Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
variety Min Rom	y of the following produ i Carrots, Snap Peas, C ain Lettuce, Petite Band	u- Students will be given a lice to choose from each day: ara Cara Oranges, Jicama, anas, HOTM Strawberries, angerines, & Edamame	Hot Dog* Veggie Burger*	2 Chicken Teriyaki Bowl Cheese Ravioli w/ Roll	Chicken Chow Mein Cheese Tamale
	6	7	8	9	10
Turke	ey Pepperoni Pizza*	Cheese Burger*	Chicken & Waffles*	Pasta w/ Beef Bolognese	Beef Tacos
	Cheese Pizza*	Veggie Burger*	Cheese Quesadilla*	Mac & Cheese w/ Cornbread	Been & Cheese Burrito
	13	14	15	16	17
Turke	ey Pepperoni Pizza*	Crispy Chicken Sandwich*	Hot Dog*	Chicken Teriyaki Bowl	Chicken Chow Mein
(	Cheese Pizza*	Grilled Cheese	Veggie Burger*	Cheese Ravioli w/ Roll	Cheese Tamale
	20	21	22	23	24
Turke	ey Pepperoni Pizza*	Cheese Burger*	Chicken & Waffles*	Pasta w/ Beef Bolognese	5/23 is the
(	Cheese Pizza*	Veggie Burger*	Cheese Quesadilla*	Mac & Cheese w/ Cornbread	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	*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.
M			/- !!	.1 6. 1	



1% & Nonfat Milk are available every day



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. "This institution is an equal opportunity provider."





# May 2024

# 9th-12th Grade Satellite Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May's Produce Bar Menu variety of the following produ Mini Carrots, Snap Peas, C Romain Lettuce, Petite Band Red Apples, Mandarin T	ara Cara Oranges, Jicama,	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 w/ Roll*	Been & Cheese Burrito*
13	14	15	16	17
Turkey Pepperoni Pizza*	Crispy Chicken Sandwich*	Hot Dog*	Chicken Teriyaki Bowl*	Chicken Fried Rice
Cheese Pizza*	Grilled Cheese	Veggie Burger*	Cheese Ravioli w/ Roll*	Cheese Tamale
20	21	22	23	24
Turkey Pepperoni Pizza*	Hamburger*	Chicken & Waffles*	Pasta* w/ Beef Bolognes	5/23 is the
Cheese Pizza*	Veggie Burger*	Cheese Quesadilla	Mac & Cheese w/ Roll*  Last Day of School	Last Day of School
A Turkey & Cheese Sandwich is also available every day.	28	29	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. Contact your local school for Info.



1% & Nonfat Milk are available every day



#### May's Harvest of The Month: Strawberries

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# May 2024

### 6th-8th Grade Cooking Lunch Menu



М	0	N	D	Α	Υ

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

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

Chicken & Waffles\* Cheeseburger\* Turkey Pepperoni Pizza\*

Turkey & Cheese Sandwich\*

Turkey Pepperoni Pizza\* 13

Cheese Tamale

Hot Dog\*

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\* Chicken Chow Mein Crispy Chicken Sandwich\* Tuna Salad Sandwich\*

Cheese Pizza\*

Kung Pao Chicken Chicken Salad Sandwich\*

Chicken Burrito\*

Bean Cheese Burrito\*

Cheese Pizza\*

28

Lemon Pepper Wings W/Roll\*

Veggie Pizza\*

Turkey & Cheese Sandwich

Lemon Pepper Wings W/Roll\*

Veggie Pizza\*

Turkey & Cheese Sandwich

Lemon Pepper Wings W/Roll\*

Veggie Pizza\*

Turkey & Cheese Sandwich

Lemon Pepper Wings 22 W/ Roll\*

Veggie Pizza\*

Turkey & Cheese Sandwich

Chicken Teriyaki Bowl

Tuna Salad Sandwich\*

Grilled Cheese\*

Cheese Pizza\*

Chicken BBQ Sandwich\*9

Chicken Salad Sandwich\*

Pasta w/Beef Bolognese\*

Cheese Pizza\*

Chicken Teriyaki Bowl 16

Tuna Salad Sandwich\*

Grilled Cheese\*

Cheese Pizza\*

Chicken BBQ Sandwich\*23

Chicken Salad Sandwich\*

Pasta w/ Beef Bolognese\*

Cheese Pizza\*

#### FRIDAY

Philly Cheese Steak\*

Beef Chili w/ Cornbread\*

Cheese Pizza\*

Turkey & Cheese Sandwich\*

Beef Tacos\*

Mac & Cheese w/ Cornbread\*

Cheese Pizza\*

Turkey & Cheese Sandwich\*

Philly Cheese Steak\* 17

Beef Chili w/ Cornbread\*

Cheese Pizza\*

Turkey & Cheese Sandwich\*

31

5/23 is the Last Day of School

**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. Contact your local school for Info.

Asterisk marks \* Foods that are Whole Grain Rich

1% & Nonfat Milk are available every day

May's Harvest of The Month: Strawberries

29

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 California because of the sunny days and cool nights along the coast. Pick up some today! "This institution is an equal opportunity provider."





# May 2024



# 9th-12th Grade Cooking Lunch Menu

MONDAY	TUESDAY		
variety of the following produ Mini Carrots, Snap Peas, C Romain Lettuce, Petite Band	ara Cara Oranges, Jicama,		
Chicken & Waffles* 6	Kung Pao Chicken 7		
O *	Chicken Salad Sandwich*		

Cheeseburger\* Chicken Burrito\* Turkey Pepperoni Pizza\* Bean Cheese Burrito\* Turkey & Cheese Sandwich\* Cheese Pizza\* Turkey Pepperoni Pizza\* 13 Chicken Chow Mein Crispy Chicken Sandwich Cheese Tamale

Tuna Salad Sandwich

Cheese Pizza

Kung Pao Chicken

Chicken Salad Sandwich\*

Chicken Burrito\*

Bean Cheese Burrito\*

Cheese Pizza\*

21

28

Turkey & Cheese Sandwich\* Chicken & Waffles\* Cheeseburger\*

Turkey Pepperoni Pizza\*

Hot Dog\*

Turkey & Cheese Sandwich\*

#### WEDNESDAY

Lemon Pepper Wings W/Roll\* Veggie Pizza\*

Turkey & Cheese Sandwich\*

Lemon Pepper Wings W/Roll\* Veggie Pizza\*

Turkey & Cheese Sandwich\*

Lemon Pepper Wings W/Roll\*

Veggie Pizza\*

Turkey & Cheese Sandwich\*

Lemon Pepper Wings W/Roll\*

Veggie Pizza\*

Turkey & Cheese Sandwich\*

THURSDAY

Chicken Teriyaki Bowl Tuna Salad Sandwich\*

Grilled Cheese\*

Cheese Pizza\*

Chicken BBQ Sandwich\*9

Chicken Salad Sandwich\*

Pasta w/ Beef Bolognese

Cheese Pizza\*

Chicken Teriyaki Bowl 16

Tuna Salad Sandwich\*

Grilled Cheese\*

Cheese Pizza\*

Chicken BBQ Sandwich\* 23

Chicken Salad Sandwich\*

Pasta w/ Beef Bolognese

Cheese Pizza\*

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



eat FREE at Open OUSD schools

FRIDAY

Philly Cheese Steak\*

Beef Chili w/ Cornbread\*

Cheese Pizza\*

Turkey & Cheese Sandwich\*

Beef Tacos\*

Mac & Cheese w/ Cornbread\*

Cheese Pizza\*

Turkey & Cheese Sandwich\* Philly Cheese Steak\* 17

Beef Chili w/ Cornbread\*

Cheese Pizza\*

Turkey & Cheese Sandwich\*

5/23 is the Last Day of School



In the Summer All OUSD students can

\*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.

Asterisk marks \* Foods that are Whole Grain Rich

1% & Nonfat Milk are available every day

#### May's Harvest of The Month: Strawberries

29

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 California because of the sunny days and cool nights along the coast. Pick up some today!

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# May 2024



# K-12th Grade Supper Menu

Sweet BBQ bites, Raisins, Honey Roasted Sunflower Seeds, Cheez-it® Crackers, 100% Juice Milk  Whole Wheat Crackers, Sliced Apples, 100% Juice, Milk  Whole Wheat Crackers, Colby Cheese Cubes, Sliced Apples, 100% Juice, Milk  Is Turkey Sandwich, Sliced Apples, 100% Juice, Milk  Honey Cranberry Trail Mix, Kettle Carn Crunch, Mini Carrots, String Cheese, Milk  Whole Wheat Crackers, Colby Cheese Cubes, Sliced Apples, 100% Juice, Milk  Whole Wheat Crackers, Colby Cheese Cubes, Sliced Apples, 100% Juice, Milk  Is Turkey Sandwich, Sliced Apples, 100% Juice, Milk  Whole Wheat Crackers, Colby Cheese Cubes, Sliced Apples, 100% Juice, Milk  Is Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  It Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  It Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  It Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  It Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  It Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  It Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  It Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  It Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  It Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  It Turkey Pepperoni Pizza Kit, Mini Carrots, Mini Carro	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet BBQ bites, Raisins, Honey Roasted Sunflower Seeds, Cheez-it® Crackers, 100% Juice  Sliced Apples, 100% Juice, Milk  Honey Cranberry Trail Mix, Kettle Corn Crunch, Mink  Mink  Whole Wheat Crackers, Colby Cheese Cubes, Sliced Apples, 100% Juice, Milk  Whole Wheat Crackers, Colby Cheese Cubes, Sliced Apples, 100% Juice, Milk  15  Turkey Sandwich, Sliced Apples, 100% Juice, Milk  Honey Cranberry Trail Mix, Kettle Corn Crunch, Mini Carrots, String Cheese, Milk  Whole Wheat Crackers, Colby Cheese Cubes, Sliced Apples, 100% Juice, Milk  15  Turkey Pepperoni Pizza Kit, Mini Carrots, Sliced Apples, 100% Juice, Milk  Turkey Pepperoni Pizza Kit, Mini Carrots, 100% Juice, Milk  Sweet Heat Trail Mix Honey Roasted Sunflower Seeds Doritos® Nacho Cheese Cbp, Mini Carrots, Mini Carrots, Sliced Apples, 100% Juice, Milk  15  Turkey Pepperoni Pizza Kit, Mini Carrots, 100% Juice, Milk  String Cheese, Wheat Crackers, Sliced Apples, 100% Juice, Milk  27  Turkey Pepperoni Pizza Kit, Mini Carrots, 100% Juice, Milk  String Cheese, Wheat Crackers, Sliced Apples, 100% Juice, Milk  28  OUSD Summer School Starts June 3rd*  *Afew schools start earlier, You must be enrolled to attend Summer School but not to enjoy Summer Mals. Anynow under 18 can ear in the summer for FREE at open Schools.  Outs Dummer Mal OUSD students can Contact your local school for Info. Contact Your Incal school for Info. Contact Your Your Incal school for Info. Contact Your Incal school for Info. C	Staying healthy and active manage summer stress. Make water, eat well, and get good	e is a great way to e sure to drink lots of od rest. You will be	Colby Cheese Cubes, Sliced Apples, 100% Juice,	Turkey Pepperoni Pizza Kit, Mini Carrots,	Sliced Apples,
Turkey Sandwich, Sliced Apples, 100% Juice, Milk  Phoney Cranberry Trail Mix, Kettle Corn Crunch, Mini Carrots, String Cheese, Milk  Phoney Cranberry Trail Mix, Kettle Corn Crunch, Mini Carrots, String Cheese, Milk  Pritos® Corn Chips, Delicious Spread, Mini Carrots, 100% Juice, Milk  Pritos® Corn Chips, Delicious Spread, Mini Carrots, Milk  Pritos® Corn Chips, Milk  Pritos® Corn Chips, Mini Carrots, Mini Carrots	Honey Roasted Sunflower Seeds, Cheez-it® Crackers, 100% Juice	String Cheese, Wheat Crackers, Sliced Apples, 100% Juice, Milk	Whole Wheat Crackers, Colby Cheese Cubes, Sliced Apples, 100% Juice, Milk	Turkey Pepperoni Pizza Kit, Mini Carrots, 100% Juice, Milk	Honey Roasted Sunflower Seeds, Doritos® Nacho Cheese Chips, Mini Carrots, Milk
Fritos® Corn Chips, Delicious Spread, Mini Carrots, 100% Juice, Milk  Delicious Spread, Mini Carrots, Sliced Apples, 100% Juice, Milk  Tortilla Chips, Cheese Cup, Mini Carrots, 100% Juice, Milk  Tortilla Chips, Cheese Cup, Mini Carrots, 100% Juice, Milk  Turkey Pepperoni Pizza Kit, Mini Carrots, 100% Juice, Milk  School  *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. In the Summer All OUSD students can Contact your local school for Info.	Turkey Sandwich, Sliced Apples,	Honey Cranberry Trail Mix, Kettle Corn Crunch, Mini Carrots, String Cheese,	Whole Wheat Crackers, Colby Cheese Cubes, Sliced Apples, 100% Juice,	Turkey Pepperoni Pizza Kit, Mini Carrots,	Turkey Sandwich, Sliced Apples,
*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.  In the Summer All OUSD students can  *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.	Fritos® Corn Chips, Delicious Spread, Mini Carrots,	Jack Links® Chicken Bites String Cheese, Wheat Crackers, Sliced Apples, 100% Juice,	Tortilla Chips, Cheese Cup, Mini Carrots, 100% Juice,	Turkey Pepperoni Pizza Kit, Mini Carrots,	Last Day of
	27	28	29	Starts June 3rd*	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.



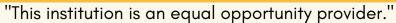
-May is **National Strawberry Month**. Farms here in **California** grow **88%** of the US-grown **Strawberries**. Each year about **1.8 billion pounds of Strawberries** are harvested in **California**.

-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.







# May 2024 CDC Snack 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 stay well hydrated, eat well, and get good rest. You will be surprised by the difference it makes.		Fruit	Fruit	Fruit
		+	+	+
		Cracker	Cheese Stick	Cracker
Fruit	Fruit	Fruit	Fruit	Fruit + Cracker  10 Fruit + Cracker  17 Fruit + Cracker  24 Fruit + Cracker  31 Fruit + Cracker
+	+	+	+	
Cracker	Cheese Stick	Cracker	Cheese Stick	
Fruit	Fruit	Fruit	Fruit	Fruit
+	+	+	+	+
Cracker	Cheese Stick	Cracker	Cheese Stick	Cracker
Fruit	Fruit	Fruit	Fruit	Fruit
+	+	+	+	+
Cracker	Cheese Stick	Cracker	Cheese Stick	Cracker
Schoo Holiday	Fruit + Cheese Stick	Fruit + Cracker	Fruit + Cheese Stick	Fruit  + Cracker

#### May's Fun Facts

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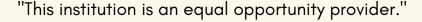
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6	7	8	9	10
Fruit	Fruit	Fruit	Fruit	Fruit
+ Cracker	+ Cheese Stick	+ Cracker	+ Cheese Stick	+ Cracker
Cluckel	Cheese Shok	Cracker	Cheese Shok	Oldekel
13	14	15	16	17
Fruit	Fruit	Fruit	Fruit	Fruit
+	+	+	+	+
Cracker	Cheese Stick	Cracker	Cheese Stick	Cracker
	01	00	0.7	Early Closure 2 pm
20		22	23	24
Fruit	Fruit	Fruit	Fruit	Fruit
+	Cheese Stick	+	+ Cheese Stick	+
Cracker	Chicos Chick	Cracker		Cracker
27	28	29	Policy Council Meeting 2 pm 30	31
Schoo				
> >	Fruit	Fruit	Fruit	Fruit
	Cheese Stick	Cracker	Cheese Stick	Cracker
Holiday			5115555 51151X	
		May's Eup Easts		

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