

July's Flower is Water Lillies

# July 2024

## YMCA @ Burbank Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Staff PD Day No School</b> 	<b>Staff PD Day No School</b> 	Maple Waffle	<b>Holiday No School</b> 	Strawberry Banana Yogurt
Bagel with Cream Cheese	Cereal	Banana Muffin	Cereal	Strawberry Banana Yogurt
Cereal	Bagel w/ Cream Cheese	Maple Waffle	Blueberry Muffin	Strawberry Banana Yogurt <i>2 pm Early Closure</i>
Bagel with Cream Cheese	Cereal	Banana Muffin	Cereal	Strawberry Banana Yogurt
Cereal	Bagel w/ Cream Cheese	Maple Waffle		



Each day students will be offered two of the following - Apples, Oranges, Peaches, and dried Cranberries as their Fruit with Breakfast.



We use Foods that are Whole Grain Rich



1% & Nonfat Milk are available every day



### Fun Family Activities Here in Oakland In July

- Join **Family Day 2024** at **Joaquin Miller Park** on **7/4** from **noon to 7 pm**. Sign up to Run, hike, walk, or bike and enjoy Jamaican Food. Check QR code for more info.
- Head out to **Children's Fairyland** through 8/30 for **510 Summer Fridays**. Show your CA ID or Drivers License with an Oakland Address and **adults pay \$10 and Kids \$5**.
- Catch an upcoming A's game on 7/5 or 7/19 by buying a **Friday Four Pack (4 tickets & parking pass)** for **\$49**. Valid through the Fall on all Friday A's Games.
- Summer Splash Party** for **Our Youth Matter** in East Oakland on **7/6 11 am - 2 pm**. Free Water Activities, delicious food, and crafts. RSVP to attend the event.
- Catch a **FREE** showing of *"Honey I Shrunk the Kids"* on **7/6** starting at **Dusk/8:30 pm** at **Jack London** on the **Marina Lawn**. Bring a blanket or a chair and enjoy!

For More Nutritional Information and to View Menus: [www.ousd.org/nutrition](http://www.ousd.org/nutrition)



Menu Subject to change

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# July 2024 CDC Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal	2 Bagel w/ Cream Cheese	3 Maple Waffle	4 <b>Holiday No School</b> 	5 Strawberry Banana Yogurt <small>Last day formost OUSD Summer Schools</small>
8 Bagel with Cream Cheese	9 Cereal	10 Banana Muffin	11 Cereal	12 Strawberry Banana Yogurt <small>Last Day of Summer School for Claremont</small>
15 Cereal	16 Bagel w/ Cream Cheese	17 Maple Waffle	18 Blueberry Muffin <small>Last Day of Summer School KDOL Program</small>	19 Strawberry Banana Yogurt <small>Last Day for Soccer @ ICS, Girls Leading Goals (Sankofa), and Prescott Freedom School</small>
22 Bagel with Cream Cheese	23 Cereal	24 Banana Muffin	25 Cereal	26 Strawberry Banana Yogurt
29 Cereal	30 Bagel w/ Cream Cheese	31 Maple Waffle	<b>The First Day of School for 24-25 is August 12th</b>	 <b>Each day students will be offered two of the following</b> - Apples, Oranges, Peaches, and dried Cranberries as their Fruit with Breakfast.

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 OAKLAND  
**incredible**  
OUSD

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# July 2024

## K-12th Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal	2 Bagel w/ Cream Cheese	3 Maple Waffle	4 <b>Holiday No School</b> 	5 Strawberry Banana Yogurt <small>Last day for most OUSD Summer Schools</small>
8 Bagel with Cream Cheese	9 Cereal	10 Banana Muffin	11 Cereal	12 Strawberry Banana Yogurt <small>Last Day of Summer School for Claremont</small>
15 Cereal	16 Bagel w/ Cream Cheese	17 Maple Waffle	18 Blueberry Muffin <small>Last Day of KDOL Summer Program</small>	19 Strawberry Banana Yogurt <small>Last Day for Soccer @ ICS, Girls Leading Goals (Sankofa), and Prescott Freedom School</small>
22	23	24	25	26
29 <b>Lunch at the Library!</b> Until August 2nd, some Oakland libraries are offering <b>FREE</b> Lunch from 12-1. for children 0-18 Use QR Code for more info. 	30	31 <b>The First Day of School for 24-25 is August 12th</b>	 <b>Each day students will be offered two of the following</b> - Apples, Oranges, Peaches, and dried Cranberries as their Fruit with Breakfast.	

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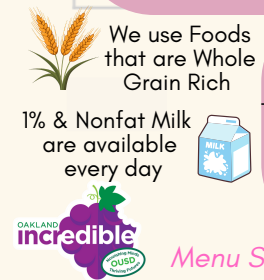


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>2</div> <div>Crispy Chicken Sandwich</div> <div>Grilled Cheese</div>	<div>3</div> <div>Hot Dog</div> <div>Crispy Meatless Chicken Sandwich</div>	<div>4</div> <div>Holiday No School</div> <div></div>	<div>5</div> <div>Kung Pao Chicken</div> <div>Chilli Cheese Tamale</div> <div>Last day for most OUSD Summer Schools</div>
<div>8</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>9</div> <div>Hamburger</div> <div>Crispy Meatless Chicken Sandwich</div>	<div>10</div> <div>Chicken &amp; Waffles</div> <div>Cheese Quesadilla</div>	<div>11</div> <div>Pasta w/ Red Meat Sauce</div> <div>Mac &amp; Cheese</div>	<div>12</div> <div>Beef Tacos</div> <div>Bean &amp; Cheese Burrito</div> <div>Last Day of Summer School for Claremont</div>
<div>15</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>16</div> <div>Crispy Chicken Sandwich</div> <div>Grilled Cheese</div>	<div>17</div> <div>Hot Dog</div> <div>Crispy Meatless Chicken Sandwich</div>	<div>18</div> <div>Chicken &amp; Rice Burrito</div> <div>Vegan Burrito</div> <div>Last Day of KDOL Summer Program</div>	<div>19</div> <div>Kung Pao Chicken</div> <div>Chilli Cheese Tamale</div> <div>Last Day for Soccer @ ICS, Girls Leading Goals (Sankofa), and Prescott Freedom School</div>
<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div>	<div>26</div>
<div>29</div> <div>The First Day of School for 24-25 is August 12th</div>	<div>30</div>	<div>31</div>	<div>Students get to chose from an assortment of the following each day on their school's Produce Bar: Apples, Cucumber Slices, Red Grapes, Edamame, Peaches (Summer HOTM), Baby Carrots, Oranges, Jicama Sticks, and Romaine Lettuce,</div>	



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<div>1</div> <div>Staff PD Day No School</div> <div></div>	<div>2</div> <div>Staff PD Day No School</div> <div></div>	<div>3</div> <div>Crispy Meatless Chicken Sandwich</div>	<div>4</div> <div>Holiday No School</div> <div></div>	<div>5</div> <div>Chili Cheese Tamale</div>
<div>8</div> <div>Cheese Pizza</div>	<div>9</div> <div>Hamburger</div>	<div>10</div> <div>Chicken &amp; Waffles</div>	<div>11</div> <div>Pasta w/ Red Meat Sauce</div>	<div>12</div> <div>Beef Tacos</div>
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### Now that Summer School is almost over...Now What?

- If your child still needs more academic support **ask** the summer school if there are any **workbooks or free materials** you can use at home.
- If your family needs summer meals. Some Oakland Libraries serve **Free Lunch** from **12-1 pm** until 8/2 for children 0-18 years old.
- Ensure your child reads every day!** Being a strong reader will benefit your child in many ways beyond being successful in school. This Summer the Oakland Public Libraries has a **Summer Reading Campaign** for kids, teens, and adults. Sign up today to win prizes!

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<div>1</div> <p>Turkey &amp; Cheese Sandwich, Sliced Apples, 100% Juice, Milk</p>	<div>2</div> <p>Sweet Heat Trail Mix, Nacho Cheese Doritos®, Mini Carrots, String Cheese, Milk</p>	<div>3</div> <p>Whole Wheat Cracker, Colby Jack Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk</p>	<div>4</div> <p><b>Holiday No School</b></p>	<div>5</div> <p>Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk</p> <p><i>Last day for most OUSD Summer Schools</i></p>
<div>8</div> <p>Italian Combo Sandwich, Apples &amp; Cinnamon Fruit Cup, 100% Juice, Milk</p>	<div>9</div> <p>Sweet Heat Trail Mix, Nacho Cheese Doritos®, Mini Carrots, String Cheese, Milk</p>	<div>10</div> <p>Whole Wheat Cracker, Colby Jack Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk</p>	<div>11</div> <p>Cocoa Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, 100% Juice, Milk</p>	<div>12</div> <p>Honey Cranberry Trail Mix, Colby Jack Cheese Cubes, Cool Ranch Doritos®, 100% Juice, Milk</p> <p><i>Last Day of Summer School for Claremont</i></p>
<div>15</div> <p>Turkey &amp; Cheese Sandwich, Sliced Apples, 100% Juice, Milk</p>	<div>16</div> <p>Sweet Heat Trail Mix, Nacho Cheese Doritos®, Mini Carrots, String Cheese, Milk</p>	<div>17</div> <p>Whole Wheat Cracker, Colby Jack Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk</p>	<div>18</div> <p>Turkey Pepperoni Pizza Kit, Mini Carrots, Pineapple Fruit Cup, Milk</p> <p><i>Last Day of KDOL Summer Program</i></p>	<div>19</div> <p>Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk</p> <p><i>Last Day for Soccer @ ICS, Girls Leading Goals (Sankofa), and Prescott Freedom School</i></p>
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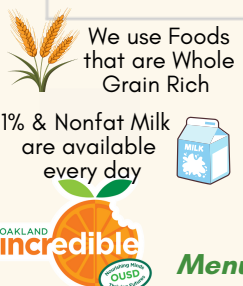


# July 2024 CDC Snack Menu





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Whole Wheat Cracker + Fruit	2 Cheese Stick + Fruit	3 Whole Wheat Cracker + Fruit	4 <b>Holiday No School</b> 	5 Whole Wheat Cracker + Fruit
8 Whole Wheat Cracker + Fruit	9 Cheese Stick + Fruit	10 Whole Wheat Cracker + Fruit	11 Cheese Stick + Fruit	12 Whole Wheat Cracker + Fruit
15 Whole Wheat Cracker + Fruit	16 Cheese Stick + Fruit	17 Whole Wheat Cracker + Fruit	18 Cheese Stick + Fruit	19 Whole Wheat Cracker + Fruit
22 Whole Wheat Cracker + Fruit	23 Cheese Stick + Fruit	24 Whole Wheat Cracker + Fruit	25 Cheese Stick + Fruit	26 Whole Wheat Cracker + Fruit
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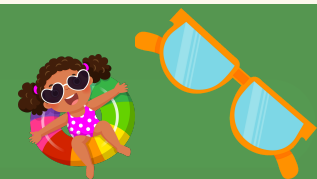
- Early July is historically called the "Dog Days" of summer because it's the beginning of hot summer days. The hottest temperature in the US was recorded in CA.
- Around 150 Million Hot Dogs are eaten on the 4th of July. 
- When the Declaration of Independence was signed in 1776, 2.5 million people lived in the U.S. Now 243 years later, 327.2 million people live in the U.S..
- On July 29, 1969, Neil Armstrong made history by taking the first steps on the moon. He declared "That's one small step for man, one giant leap for mankind!" 
- July is a great time for plants to grow because of no rain and lots of sun. Gardeners know they will have a good harvest if they keep their plants healthy in July.

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<div>1</div> <div>Staff PD Day No School</div> <div></div>	<div>2</div> <div>Staff PD Day No School</div> <div></div>	<div>3</div> <div>Whole Wheat Cracker + Fruit</div>	<div>4</div> <div>Holiday No School</div> <div></div>	<div>5</div> <div>Whole Wheat Cracker + Fruit</div>
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