



# August 2024

## K-12 Satellite & Finishing Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Each morning Students will get to choose from two of the following:**  
Red Apples, Peaches, Grapes, Pluot, or Dried Cranberries as their Fruit.

5

6

7

8

9

**1st Day of School is  
Monday  
8/12**

12

13

14

15

16

Cereal

Bagel  
w/ Cream Cheese

Maple Waffle

Apple Muffin

Concha

19

20

21

22

23

Apple Frudel

Cereal

Banana Muffin

Cereal

Cinnamon Roll

26

27

28

29

30

Cereal

Bagel  
w/ Cream Cheese

Maple Waffle

Apple Muffin

Concha

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

We use Foods  
that are Whole  
Grain Rich

### Fun Family Activities to Check out in Oakland in August

- Check out a neighborhood Farmer's Market this month - **West Oakland** (10 am Sundays), **Old Oakland** (8 am Fridays), **Fruitvale Bart** (11 am Tuesdays & Thursdays & 8 am Sundays), **Grand Lake** (9 am Saturdays), **Jack London** (11 am Sundays), **Temescal** (9 am Sundays) and **Montclair** (9 am Sundays)
- Saturday 8/10 Head out to the **23rd Annual Laurel Street Fair/World Music Festival** on MacArthur between 35th & Maybelle Ave from **11 am- 7 pm**.
- Friday 8/16 Slide over to Free **Salsa N' Skate** from **5 pm - 10 pm** at Liberation Park 7101 Foothill Blvd there will be a DJ and Live Music.
- Saturday 8/31 Join the first ever **Chinatown Night Time Market** from **5 pm - 9 pm** on 8th Street between Broadway & Webster for Food, Games, and Activities.

Menu Subject to change

"This institution is an equal opportunity provider."



1% & Nonfat Milk  
are available  
every day





# August 2024

August's Flower is the Poppy



## Child Development Center Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Each morning Students will get to choose from two of the following: Red Apples, Peaches, Grapes, Pluot, or Dried Cranberries as their Fruit.</p>			1 Blueberry Muffin	2 Strawberry Banana Yogurt
5 Bagel w/ Cream Cheese	6 Cereal	7 8 9 <b>All CDC sites closed 8/7-8/9 for Teacher Professional Development</b>		
12 Cereal	13 Bagel w/ Cream Cheese	14 Maple Waffle	15 Apple Muffin	16 Strawberry Banana Yogurt
19 Bagel w/ Cream Cheese	20 Cereal	21 Banana Muffin	22 Cereal	23 Strawberry Banana Yogurt
26 Cereal	27 Bagel w/ Cream Cheese	28 Maple Waffle	29 Apple Muffin	30 Strawberry Banana Yogurt

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# August 2024 Elementary Cooking Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Each morning Students will get to choose from two of the following: Red Apples, Peaches, Grapes, Pluot, or Dried Cranberries as their Fruit.</p>			1	2
	5	6	7	8
				9
				The 1st Day of School is Monday 8/12
12	13	14	15	16
Cereal	Bagel w/ Cream Cheese	Maple Waffle	Blueberry Muffin	Concha
19	20	21	22	23
Apple Frudel	Cereal	Banana Muffin	Cereal	Cinnamon Roll
26	27	28	29	30
Cereal	Bagel w/ Cream Cheese	Maple Waffle	Blueberry Muffin	Concha

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### Fun Family Activities to Check out in Oakland in August

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# August 2024

## Secondary Cooking Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Each morning Students will get to choose from two of the following: Red Apples, Peaches, Grapes, Pluot, or Dried Cranberries as their Fruit.</p>			1	2
	5	6	7	8
				9
				The 1st Day of School is Monday 8/12
12	13	14	15	16
Cereal	Bagel w/ Cream Cheese	Cereal	Blueberry Muffin	Cereal
Mini Maple Pancakes	Cereal	Maple Waffle	Cereal	Concha
19	20	21	22	23
Apple Frudel	Cereal	Banana Muffin	French Toast	Cereal
Cereal	Yogurt Parfait	Cereal	Sticks	Cinnamon Roll
			Cereal	
26	27	28	29	30
Cereal	Bagel w/ Cream Cheese	Cereal	Blueberry Muffin	Cereal
Mini Maple Pancakes	Cereal	Maple Waffle	Cereal	Concha

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# August 2024


## K-8 Satellite Lunch Menu

HOTM is Peaches



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each student will get to select from a variety of fresh produce: Corn, <b>HOTM Peaches</b> , Celery Sticks, Tomatoes,, Grapes, Pluot, Edamame, Cucumbers, Red Apples, & Romaine Lettuce			
5	6	7	8	9
				<b>The 1st Day of School is Monday 8/12</b>
12	13	14	15	16
Turkey Pepperoni Pizza Cheese Pizza	Crispy Chicken Sandwich Lasagna Marina Roll Up w/ Roll	Penne Pasta w/ Meat Sauce Veggie Chicken Burger	BBQ Drumstick w/ Cornbread Chix Tenders w/ Cornbread	Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl
19	20	21	22	23
Turkey Pepperoni Pizza Cheese Pizza	Hamburger Grilled Cheese Sandwich	Chicken n' Waffles Mac & Cheese w/ Dinner Roll	Honey Sriracha Drumstick W/ Cornbread Chix Tenders w/ Cornbread	Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan)
26	27	28	29	30
Turkey Pepperoni Pizza Cheese Pizza	Crispy Chicken Sandwich Lasagna Marina Roll Up w/ Roll	Penne Pasta w/ Meat Sauce Veggie Chicken Burger	BBQ Drumstick w/ Cornbread Chix Tenders w/ Cornbread	Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl

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 We use Foods that are Whole Grain Rich



### HOTM of the Month: Peaches

**Peaches** are juicy, **low-calorie** fruits that **contain** many **vitamins, minerals,** and **antioxidants**. They can have many health benefits, including heart health. **Peaches** are a good source of **potassium**, which can help **lower blood pressure** and improve **cholesterol levels**. They also support **skin health**. Peaches contain **flavonoids** that can help **protect** the skin by **removing** dead cells and **promoting** recovery. **Peaches** also **contain** vitamins A, C, and E, which can help keep the **immune system** strong. **Vitamin C** also helps the body **heal** wounds. Try a **delicious** peach today!



Menu Subject to change

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1% & Nonfat Milk are available every day





# August 2024

## K-8 Cooking and Finishing Lunch Menu

HOTM is Peaches



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each day students will get to select from a variety of fresh produce: <b>HOTM Peaches</b> , Celery Sticks, Tomatoes, Corn, Grapes, Pluot, Edamame, Cucumbers, Red Apples, & Romaine Lettuce			
12 Turkey Pepperoni Pizza  Cheese Pizza	13 Crispy Chicken Sandwich  Lasagna Marina Roll Up w/ Roll	14 Penne Pasta w/ Meat Sauce  Veggie Chicken Burger	15 BBQ Drumstick w/ Cornbread  Chix (Vegetarian) Tenders w/ Cornbread	16 Teriyaki Chicken w/ Veggie Rice Bowl  Vegetarian Rice Bowl
19 Turkey Pepperoni Pizza  Cheese Pizza	20 Hamburger  Grilled Cheese Sandwich	21 Chicken n' Waffles  Mac & Cheese w/ Dinner Roll	22 Honey Sriracha Drumstick W/ Cornbread  Chix (Vegetarian) Tenders w/ Cornbread	23 Taco Bowl w/ Spanish Rice  Impossible Burrito (Vegan)
26 Turkey Pepperoni Pizza  Cheese Pizza	27 Crispy Chicken Sandwich  Lasagna Marina Roll Up w/ Roll	28 Penne Pasta w/ Meat Sauce  Veggie Chicken Burger	29 BBQ Drumstick w/ Cornbread  Chix (Vegetarian) Tenders w/ Cornbread	30 Teriyaki Chicken w/ Veggie Rice Bowl  Vegetarian Rice Bowl

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### HOTM of the Month: Peaches

**Peaches** are juicy, **low-calorie** fruits that **contain** many **vitamins**, **minerals**, and **antioxidants**. They can have many health benefits, including heart health. **Peaches** are a good source of **potassium**, which can help **lower blood pressure** and improve **cholesterol levels**. They also support **skin health**. **Peaches** contain **flavonoids** that can help **protect** the skin by **removing** dead cells and **promoting** recovery. **Peaches** also **contain** vitamins A, C, and E, which can help keep the **immune system** strong. **Vitamin C** also helps the body **heal** wounds. Try a **delicious** peach today!



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# August 2024 CDC Lunch Menu

HOTM is Peaches




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each student will get to select from a variety of fresh produce: <b>HOTM Peaches</b> , Celery Sticks, Tomatoes, Corn, Grapes, Pluot, Edamame, Cucumbers, Red Apples, & Romaine Lettuce			
5	6	7	8	9
				<b>1st day of school is Monday 8/12</b>
12	13	14	15	16
Cheese Pizza	Crispy Chicken Sandwich	Penne Pasta w/ Meat Sauce	BBQ Drumstick w/ Cornbread	Teriyaki Chicken w/ Veggie Rice Bowl
19	20	21	22	23
Cheese Pizza	Hamburger	Mac & Cheese w/ Dinner Roll	Chix (Vegetarian) Tenders w/ Cornbread	Impossible Burrito (Vegan)
26	27	28	29	30
Cheese Pizza	Crispy Chicken Sandwich	Penne Pasta w/ Meat Sauce	BBQ Drumstick w/ Cornbread	Teriyaki Chicken w/ Veggie Rice Bowl

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## HOTM of the Month: Peaches

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# August 2024


## Secondary Satellite Lunch Menu

HOTM is Peaches



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each student will get to select from a variety of fresh produce: <b>HOTM Peaches</b> , Celery Sticks, Tomatoes, Corn, Grapes, Pluot, Edamame, Cucumbers, Red Apples, & Romaine Lettuce			
5	6	7	8	9
				<b>1st day of school is Monday 8/12</b>
12	13	14	15	16
Turkey Pepperoni Pizza Cheese Pizza	Crispy Chicken Sandwich Lasagna Marina Roll Up w/ Roll	Penne Pasta w/ Meat Sauce Veggie Chicken Burger	BBQ Drumstick w/ Cornbread Chix (Vegetarian) Tenders w/ Cornbread	Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl
19	20	21	22	23
Turkey Pepperoni Pizza Cheese Pizza	Hamburger Grilled Cheese Sandwich	Chicken n' Waffles Mac & Cheese w/ Dinner Roll	Honey Sriracha Drumstick W/ Cornbread Chix (Vegetarian) Tenders w/ Cornbread	Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan)
26	27	28	29	30
Turkey Pepperoni Pizza Cheese Pizza	Crispy Chicken Sandwich Lasagna Marina Roll Up w/ Roll	Penne Pasta w/ Meat Sauce Veggie Chicken Burger	BBQ Drumstick w/ Cornbread Chix (Vegetarian) Tenders w/ Cornbread	Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl

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### HOTM of the Month: Peaches

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# August 2024

## Secondary Cooking Lunch Menu

HOTM is Peaches



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Each student will get to select from a variety of fresh produce: **HOTM Peaches**, Celery Sticks, Tomatoes, Corn, Grapes, Pluot, Edamame, Cucumbers, Red Apples, & Romaine Lettuce

5

6

7

8

9

**1st day of school is  
Monday 8/12**

Turkey Pepperoni Pizza  
Cheese Pizza  
Turkey & Cheese Sandwich  
Hot Dog

Chicken Cesar Salad  
Crispy Chicken Sandwich  
Lasagna Marina Roll Up w/  
Dinner Roll  
Tuna Salad Sandwich

Chef Salad w/ Romaine  
Penne Pasta w/ Meat Sauce  
Veggie Chicken Burger  
Turkey & Cheese Sandwich

Tuna Salad Sandwich  
BBQ Wings w/ Cornbread  
Southwest Chicken Taco Salad  
Chix (Vegetarian) Tenders  
w/ Cornbread

Turkey & Cheese Sandwich  
Teriyaki Chicken w/Rice Bowl  
Chef Salad w/ Romaine  
Vegetarian Rice Bowl

Turkey Pepperoni Pizza  
Cheese Pizza  
Turkey & Cheese Sandwich  
Hot Dog

Hamburger  
Chicken Cesar Salad  
Grilled Cheese Sandwich  
Chicken Salad Sandwich

Chicken n' Waffles  
Chef Salad w/ Romaine  
Mac & Cheese w/ Dinner Roll  
Turkey & Cheese Sandwich

Honey Sriracha Wings  
W/ Cornbread  
Chix (Vegetarian) Tenders  
w/ Cornbread  
Southwestern Chicken Taco Salad  
Chicken Salad Sandwich

Taco Bowl  
w/ Spanish Rice  
Impossible Burrito  
(Vegan)  
Chef Salad w/ Romaine  
Turkey & Cheese Sandwich

Turkey Pepperoni Pizza  
Cheese Pizza  
Turkey & Cheese Sandwich  
Hot Dog

Chicken Cesar Salad  
Crispy Chicken Sandwich  
Lasagna Marina Roll Up w/  
Dinner Roll  
Tuna Salad Sandwich

Chef Salad w/ Romaine  
Penne Pasta w/ Meat Sauce  
Veggie Chicken Burger  
Turkey and Cheese Sandwich

Tuna Salad Sandwich  
BBQ Wings w/ Cornbread  
Southwest Chicken Taco Salad  
Chix (Vegetarian) Tenders  
w/ Cornbread

Turkey & Cheese Sandwich  
Teriyaki Chicken w/Rice Bowl  
Chef Salad w/ Romaine  
Vegetarian Rice Bowl



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# August 2024


## Secondary Finishing Lunch Menu

HOTM is Peaches



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	Each student will get to select from a variety of fresh produce: <b>HOTM Peaches</b> , Celery Sticks, Tomatoes, Corn, Grapes, Pluot, Edamame, Cucumbers, Red Apples, & Romaine Lettuce			
5	6	7	8	9
				<b>1st day of school is Monday 8/12</b>
12 Turkey Pepperoni Pizza Cheese Pizza Turkey & Cheese Sandwich Hot Dog	13 Chicken Cesar Salad Crispy Chicken Sandwich Lasagna Marina Roll Up w/ Dinner Roll Tuna Salad Sandwich	14 Chef Salad w/ Romaine Penne Pasta w/ Meat Sauce Veggie Chicken Burger Turkey & Cheese Sandwich	15 Tuna Salad Sandwich BBQ Wings w/ Cornbread Southwest Chicken Taco Salad Chix (Vegetarian) Tenders w/ Cornbread	16 Turkey & Cheese Sandwich Teriyaki Chicken w/Rice Bowl Chef Salad w/ Romaine Vegetarian Rice Bowl
19 Turkey Pepperoni Pizza Cheese Pizza Turkey & Cheese Sandwich Hot Dog	20 Hamburger Chicken Cesar Salad Grilled Cheese Sandwich Chicken Salad Sandwich	21 Chicken n' Waffles Chef Salad w/ Romaine Mac & Cheese w/ Dinner Roll Turkey & Cheese Sandwich	22 Honey Sriracha Wings W/ Cornbread Chix (Vegetarian) Tenders w/ Cornbread Southwestern Chicken Taco Salad Chicken Salad Sandwich	23 Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan) Chef Salad w/ Romaine Turkey & Cheese Sandwich
26 Turkey Pepperoni Pizza Cheese Pizza Turkey & Cheese Sandwich Hot Dog	27 Chicken Cesar Salad Crispy Chicken Sandwich Lasagna Marina Roll Up w/ Dinner Roll Tuna Salad Sandwich	28 Chef Salad w/ Romaine Penne Pasta w/ Meat Sauce Veggie Chicken Burger Turkey and Cheese Sandwich	29 Tuna Salad Sandwich BBQ Wings w/ Cornbread Southwest Chicken Taco Salad Chix (Vegetarian) Tenders w/ Cornbread	30 Turkey & Cheese Sandwich Teriyaki Chicken w/Rice Bowl Chef Salad w/ Romaine Vegetarian Rice Bowl

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# August 2024 CDC Snack Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Start the School Year off Right! Make sure you and your child get enough sleep each night

Sleep is essential for children's mental and physical development, and it helps them function day to day. During sleep, children's bodies recharge, restore energy, and release hormones that support brain development. Sleep also helps children retain the information they've learned during the day, which can improve their performance at school 3-5 year-olds need 10-13 hours of sleep, 6-12 year-olds need 9-12 hours and Teens need 8-10 hours. Adults need between 7-9 hours of sleep. The amount of sleep each person needs varies.



Fruit + Cracker	Cheese + Cracker	Fruit + Cracker	Cheese + Cracker	Fruit + Cracker
Fruit + Cracker	Cheese + Cracker	Fruit + Cracker	Cheese + Cracker	Fruit + Cracker
Fruit + Cracker	Cheese + Cracker	Fruit + Cracker	Cheese + Cracker	Fruit + Cracker
Fruit + Cracker	Cheese + Cracker	Fruit + Cracker	Cheese + Cracker	Fruit + Cracker

## August Fun Facts

-August 11th ends the "dog days" of Summer which started on July 3rd

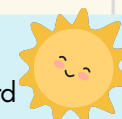
-On August 19th check out the Full moon. Because it's a "supermoon" the moon will appear 7% larger and 15% brighter than usual.

-August 20th is World Honeybee Day. Honeybees are very important pollinators that help plants and flowers grow

-On August 26th, 1920 was the ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States



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# August 2024 OUSD Supper Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Start the School Year off Right! Make sure you and your child get enough sleep each night

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5	6	7	8	9
				<b>The First Day of School is Monday 8/12</b>
12 Turkey & Cheese Sandwich, Sliced Apples, 100% Juice, Milk	13 Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Carrots, Milk	14 Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk	15 Turkey Pepperoni Pizza Kit, Pineapple Fruit Cup, Mini Carrots, Milk	16 Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk
19 Italian Combo Sandwich, Apples & Cinnamon Fruit Cup, 100% Juice, Milk	20 Cheez-It® Crackers, Jack Links® Chicken Bites String Cheese, Sliced Apples, 100% Juice, Milk	21 Tortilla Chips, Cheese Sauce Cup, Mini Carrots, 100% Juice, Milk	22 Cocoa Hummus Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, 100% Juice, Milk	23 Tortilla Chips, Cheese Sauce Cup, Mini Carrots, 100% Juice, Milk
26 Turkey & Cheese Sandwich, Sliced Apples, 100% Juice, Milk	27 Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Carrots, Milk	28 Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk	29 Turkey Pepperoni Pizza Kit, Pineapple Fruit Cup, Mini Carrots, Milk	30 Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk

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-August 11th ends the "dog days" of Summer which started on July 3rd

-On August 19th check out the Full moon. Because it's a "supermoon" the moon will appear 7% larger and 15% brighter than usual.

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