



September 2024


September's Flower is the Morning Glory




K-12 Satellite & Finishing Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day 2  No School	3 Cereal	4 Banana Muffin	5 Cereal	6 Cinnamon Roll
9 Cereal	10 Bagel w/ Cream Cheese	11 Maple Waffle	12 Apple Muffin	13 Concha
16 Apple Frudel	17 Cereal	18 Banana Muffin	19 Cereal	20 Cinnamon Roll
23 Cereal	24 Bagel w/ Cream Cheese	25 Maple Waffle	26 Apple Muffin	27 Concha
30 Apple Frudel			 Each morning Students will get to choose from two of the following: Red Apples, Peaches, Watermelon, Pluot, or Dried Cranberries as their Fruit.	

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 

Fun Family Activities in Oakland in September

- 9/1 Check out the **Oakland Museum** for **FREE** on the **first Sunday** of each month. There is a suggested donation of \$5. **Children 0-12 are FREE every day**
- 9/5 Shop at the **Prescott Night Market** 1620 18th Street from **4 pm-8 pm**. There will be **food trucks, vendors, and music** by Bandaloop
- 9/7 Attend the **Chinatown Nights Market** from 5 pm - 9 pm **vote** for your **favorite dumpling**, watch a **Basketball Tournament**, and enjoy a **Drone Show**
- Oakland Libraries host gaming times. **Wednesday @ Dimond** 3-4 pm, **Fridays @ the Asian Branch** 3:30-5 pm, **Fridays @ King** 1-4 pm, **Saturdays @ 81st** 3-5 pm
- 9/28 Join the **Freedom Read** a Banned Book Week event at **546 9th Street** from 1 pm-4 pm with Letterpress printing activities & reading from Youth Authors

Menu Subject to change

"This institution is an equal opportunity provider."






September 2024 CDC Breakfast Menu

September's Flower is the Morning Glory



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day ²  No School	³ Cereal	⁴ Banana Muffin	⁵ Cereal	⁶ Strawberry Banana Yogurt
⁹ Cereal	¹⁰ Bagel w/ Cream Cheese	¹¹ Maple Waffle	¹² Apple Muffin	¹³ Strawberry Banana Yogurt
¹⁶ Bagel w/ Cream Cheese	¹⁷ Cereal	¹⁸ Banana Muffin	¹⁹ Cereal	²⁰ Strawberry Banana Yogurt
²³ Cereal	²⁴ Bagel w/ Cream Cheese	²⁵ Maple Waffle	²⁶ Apple Muffin	²⁷ Strawberry Banana Yogurt
³⁰ Bagel w/ Cream Cheese			 Each morning Students will get to choose from two of the following: Red Apples, Peaches, Watermelon, Pluot, or Dried Cranberries as their Fruit.	

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September 2024


Secondary Cooking Breakfast Menu

September's Flower is the Morning Glory



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day ²  No School	³ Cereal Yogurt Parfait	⁴ Banana Muffin Cereal	⁵ Cereal French Toast Sticks	⁶ Cinnamon Roll Cereal
⁹ Cereal Mini Maple Pancakes	¹⁰ Bagel w/ Cream Cheese Cereal	¹¹ Cereal Maple Waffle	¹² Blueberry Muffin Cereal	¹³ Cereal Concha
¹⁶ Apple Frudel Cereal	¹⁷ Cereal Yogurt Parfait	¹⁸ Banana Muffin Cereal	¹⁹ Cereal French Toast Sticks	²⁰ Cinnamon Roll Cereal
²³ Cereal Mini Maple Pancakes	²⁴ Bagel w/ Cream Cheese Cereal	²⁵ Cereal Maple Waffle	²⁶ Blueberry Muffin Cereal	²⁷ Cereal Concha
³⁰ Apple Frudel Cereal			 Each morning Students will get to choose from two of the following: Red Apples, Peaches, Watermelon, Pluot, or Dried Cranberries as their Fruit.	

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- 9/28 Join the **Freedom Read** a Banned Book Week event at **546 9th Street** from 1 pm-4 pm with Letterpress printing activities & reading from Youth Authors

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September 2024


Elementary Cooking Breakfast Menu

September's Flower is the Morning Glory



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day ²  No School	³ Cereal	⁴ Banana Muffin	⁵ Cereal	⁶ Cinnamon Roll
⁹ Cereal	¹⁰ Bagel w/ Cream Cheese	¹¹ Maple Waffle	¹² Apple Muffin	¹³ Concha
¹⁶ Apple Frudel	¹⁷ Cereal	¹⁸ Banana Muffin	¹⁹ Cereal	²⁰ Cinnamon Roll
²³ Cereal	²⁴ Bagel w/ Cream Cheese	²⁵ Maple Waffle	²⁶ Apple Muffin	²⁷ Concha
³⁰ Apple Frudel			 Each morning Students will get to choose from two of the following: Red Apples, Peaches, Watermelon, Pluot, or Dried Cranberries as their Fruit.	

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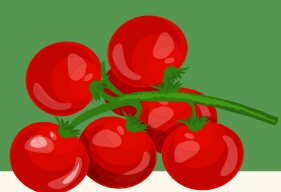


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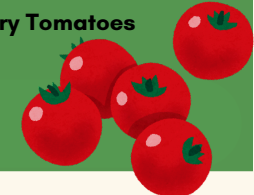
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September 2024


K-8 Satellite Lunch Menu


HOTM is Cherry Tomatoes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day ²  No School	³ Turkey Pepperoni Pizza Cheese Pizza	⁴ Hamburger Grilled Cheese Sandwich	⁵ Chicken & Waffles Mac & Cheese w/ Dinner Roll	⁶ Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan)
⁹ Turkey Pepperoni Pizza Cheese Pizza	¹⁰ Crispy Chicken Sandwich Lasagna Marinara Roll Up w/ Roll	¹¹ Penne Pasta w/ Meat Sauce Veggie Chicken Burger	¹² BBQ Drumstick w/ Cornbread Chix (Veggie) Tenders w/ Cornbread	¹³ Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl
¹⁶ Turkey Pepperoni Pizza Cheese Pizza	¹⁷ Hamburger Grilled Cheese Sandwich	¹⁸ Chicken & Waffles Mac & Cheese w/ Dinner Roll	¹⁹ Honey Sriracha Drumstick W/ Cornbread Chix Tenders w/ Cornbread	²⁰ Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan)
²³ Turkey Pepperoni Pizza Cheese Pizza	²⁴ Crispy Chicken Sandwich Lasagna Marinara Roll Up w/ Roll	²⁵ Penne Pasta w/ Meat Sauce Veggie Chicken Burger	²⁶ BBQ Drumstick w/ Cornbread Chix (Veggie) Tenders w/ Cornbread	²⁷ Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl
³⁰ Turkey Pepperoni Pizza Cheese Pizza	<div><p>Each day students will get to select from a variety of fresh produce: Jicama, Red Apples, Pluot, HOTM Cherry Tomatoes, Plums, Watermelon Chunks, Mini Sweet Bell Peppers, Edamame, Cucumbers, & Romaine Lettuce</p></div>			

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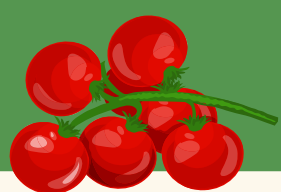


Harvest of the Month: Cherry Tomatoes



Small but mighty Cherry Tomatoes are packed with Vitamin C which boosts Immunity (you don't want to sick right when school starts!) and acts as an antioxidant. These antioxidants contain anti-aging effects and promote healthier-looking skin. Cherry Tomatoes also provide a good amount of fiber and being low in calories they help keep you full and hydrated. Regularly eating cooked or raw tomatoes can help improve heart health, reduce cancer risk, and promote better digestion. They are also rich in nutrients including Vitamins A and E as well as potassium. They will be on our Produce Bars for the Month of September add some to your plate this week!

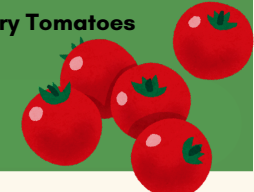
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September 2024

Secondary Satellite Lunch Menu

HOTM is Cherry Tomatoes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day ²  No School	³ Turkey Pepperoni Pizza Cheese Pizza	⁴ Hamburger Grilled Cheese Sandwich	⁵ Chicken & Waffles Mac & Cheese w/ Dinner Roll	⁶ Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan)
⁹ Turkey Pepperoni Pizza Cheese Pizza	¹⁰ Crispy Chicken Sandwich Lasagna Marina Roll Up w/ Roll	¹¹ Penne Pasta w/ Meat Sauce Veggie Chicken Burger	¹² BBQ Drumstick w/ Cornbread Chix (Veggie) Tenders w/ Cornbread	¹³ Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl
¹⁶ Turkey Pepperoni Pizza Cheese Pizza	¹⁷ Hamburger Grilled Cheese Sandwich	¹⁸ Chicken & Waffles Mac & Cheese w/ Dinner Roll	¹⁹ Honey Sriracha Drumstick W/ Cornbread Chix Tenders w/ Cornbread	²⁰ Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan)
²³ Turkey Pepperoni Pizza Cheese Pizza	²⁴ Crispy Chicken Sandwich Lasagna Marina Roll Up w/ Roll	²⁵ Penne Pasta w/ Meat Sauce Veggie Chicken Burger	²⁶ BBQ Drumstick w/ Cornbread Chix (Veggie) Tenders w/ Cornbread	²⁷ Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl
³⁰ Turkey Pepperoni Pizza Cheese Pizza	<div><p>Each day students will get to select from a variety of fresh produce: Jicama, Red Apples, Pluot, HOTM Cherry Tomatoes, Plums, Watermelon Chunks, Mini Sweet Bell Peppers, Edamame, Cucumbers, & Romaine Lettuce</p></div>			

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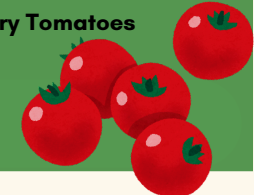
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September 2024

CDC Lunch Menu

HOTM is Cherry Tomatoes



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Happy Labor Day 2



No School

Cheese Pizza

Hamburger

Mac & Cheese
w/ Dinner Roll

Impossible Burrito
(Vegan)

Cheese Pizza

Crispy Chicken
Sandwich

Penne Pasta w/
Meat Sauce

BBQ Drumstick
w/ Cornbread

Teriyaki Chicken w/
Veggie Rice Bowl

Cheese Pizza

Hamburger

Mac & Cheese
w/ Dinner Roll

Chix (Veggie) Tenders
w/ Cornbread

Impossible Burrito
(Vegan)

Cheese Pizza

Crispy Chicken
Sandwich

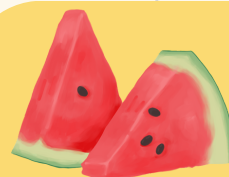
Penne Pasta w/
Meat Sauce

BBQ Drumstick
w/ Cornbread

Teriyaki Chicken w/
Veggie Rice Bowl

Cheese Pizza

Each day students will get to select from a variety of fresh produce: Jicama, Red Apples, Pluot, **HOTM Cherry Tomatoes**, Plums, Watermelon Chunks, Mini Sweet Bell Peppers, Edamame, Cucumbers, & Romaine Lettuce



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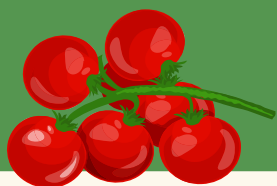
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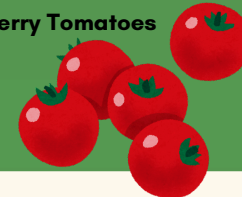
Menu Subject to change



September 2024


K-8 Cooking and Finishing Lunch Menu


HOTM is Cherry Tomatoes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day ²  No School	³ Hamburger Grilled Cheese Sandwich	⁴ Chicken & Waffles Mac & Cheese w/ Dinner Roll	⁵ Honey Sriracha Drumstick W/ Cornbread Chix (Veggie) Tenders w/ Cornbread	⁶ Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan)
⁹ Turkey Pepperoni Pizza Cheese Pizza	¹⁰ Crispy Chicken Sandwich Lasagna Marinara Roll Up w/ Roll	¹¹ Penne Pasta w/ Meat Sauce Veggie Chicken Burger	¹² BBQ Drumstick w/ Cornbread Chix (Veggie) Tenders w/ Cornbread	¹³ Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl
¹⁶ Turkey Pepperoni Pizza Cheese Pizza	¹⁷ Hamburger Grilled Cheese Sandwich	¹⁸ Chicken & Waffles Mac & Cheese w/ Dinner Roll	¹⁹ Honey Sriracha Drumstick W/ Cornbread Chix (Veggie) Tenders w/ Cornbread	²⁰ Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan)
²³ Turkey Pepperoni Pizza Cheese Pizza	²⁴ Crispy Chicken Sandwich Lasagna Marinara Roll Up w/ Roll	²⁵ Penne Pasta w/ Meat Sauce Veggie Chicken Burger	²⁶ BBQ Drumstick w/ Cornbread Chix (Veggie) Tenders w/ Cornbread	²⁷ Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl
³⁰ Turkey Pepperoni Pizza Cheese Pizza	<div>  <p>Each day students will get to select from a variety of fresh produce: Jicama, Red Apples, Pluot, HOTM Cherry Tomatoes, Plums, Watermelon Chunks, Mini Sweet Bell Peppers, Edamame, Cucumbers, & Romaine Lettuce</p> </div>			

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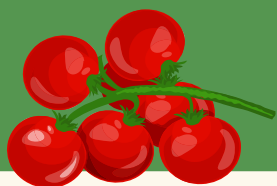


Harvest of the Month: Cherry Tomatoes



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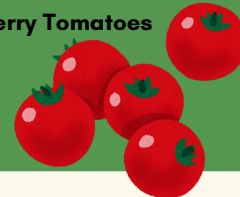
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September 2024


Secondary Satellite Lunch Menu


HOTM is Cherry Tomatoes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day ²  No School	³ Turkey Pepperoni Pizza Cheese Pizza	⁴ Chicken & Waffles Mac & Cheese w/ Dinner Roll	⁵ Honey Sriracha Drumstick w/ Cornbread Veggie Tenders w/ Cornbread	⁶ Taco Bowl w/ Spanish Rice Vegan Burrito
⁹ Turkey Pepperoni Pizza Turkey & Cheese Sandwich Cheese Pizza Turkey & Cheese Sandwich	¹⁰ Crispy Chicken Sandwich Turkey & Cheese Sandwich Lasagna Roll-Up w/ Roll Chicken Caesar Salad	¹¹ Penne Pasta w/Meat Sauce Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	¹² BBQ Drumstick w/ Cornbread Turkey & Cheese Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	¹³ Teriyaki Chicken w/ Veggie Rice Bowl Turkey & Cheese Sandwich Vegetarian Rice Bowl Chef Salad w/ Romaine
¹⁶ Turkey Pepperoni Pizza Turkey & Cheese Sandwich Cheese Pizza Turkey & Cheese Sandwich	¹⁷ Hamburger Turkey & Cheese Sandwich Grilled Cheese Sandwich Chicken Caesar Salad	¹⁸ Chicken & Waffles Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine	¹⁹ Honey Sriracha Drumstick w/ Cornbread Turkey & Cheese Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	²⁰ Chef Salad w/ Romaine Taco Bowl w/ Spanish Rice Turkey & Cheese Sandwich Vegan Burrito
²³ Turkey Pepperoni Pizza Turkey & Cheese Sandwich Cheese Pizza Turkey & Cheese Sandwich	²⁴ Crispy Chicken Sandwich Turkey & Cheese Sandwich Lasagna Roll-Up w/ Roll Chicken Caesar Salad	²⁵ Penne Pasta w/Meat Sauce Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	²⁶ BBQ Drumstick w/ Cornbread Turkey & Cheese Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	²⁷ Teriyaki Chicken w/ Veggie Rice Bowl Turkey & Cheese Sandwich Vegetarian Rice Bowl Chef Salad w/ Romaine
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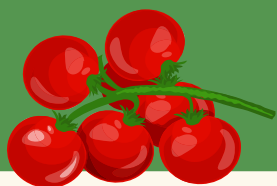


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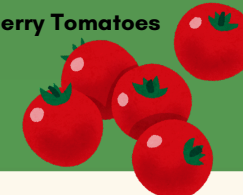
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September 2024

Secondary Finishing Lunch Menu

HOTM is Cherry Tomatoes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day ²  No School	³ Hamburger Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	⁴ Chicken & Waffles Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine	⁵ Honey Sriracha Wings w/ Cornbread Chicken Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	⁶ Taco Bowl w/ Spanish Rice Turkey & Cheese Sandwich Vegan Burrito Chef Salad w/ Romaine
⁹ Turkey Pepperoni Pizza Hot Dog Cheese Pizza Turkey & Cheese Sandwich	¹⁰ Crispy Chicken Sandwich Tuna Salad Sandwich Lasagna Roll-Up w/ Roll Chicken Cesar Salad	¹¹ Penne Pasta w/ Meat Sauce Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	¹² Honey Sriracha Wings w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	¹³ Teriyaki Chicken w/ Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine
¹⁶ Turkey Pepperoni Pizza Hot Dog Cheese Pizza Turkey & Cheese Sandwich	¹⁷ Hamburger Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	¹⁸ Chicken & Waffles Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine	¹⁹ Honey Sriracha Wings w/ Cornbread Chicken Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	²⁰ Taco Bowl w/ Spanish Rice Turkey & Cheese Sandwich Vegan Burrito Chef Salad w/ Romaine
²³ Turkey Pepperoni Pizza Hot Dog Cheese Pizza Turkey & Cheese Sandwich	²⁴ Crispy Chicken Sandwich Tuna Salad Sandwich Lasagna Roll-Up w/ Roll Chicken Cesar Salad	²⁵ Penne Pasta w/ Meat Sauce Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	²⁶ Honey Sriracha Wings w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	²⁷ Teriyaki Chicken w/ Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine
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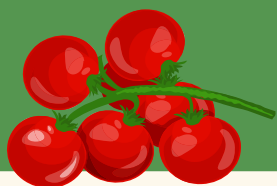


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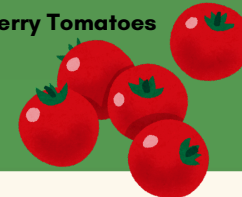
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Secondary Cooking Lunch Menu

HOTM is Cherry Tomatoes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Turkey Pepperoni Pizza ⁹ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Crispy Chicken Sandwich ¹⁰ Tuna Salad Sandwich Lasagna Roll-Up w/ Roll Chicken Cesar Salad	Penne Pasta w/Meat Sauce ¹¹ Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	Honey Sriracha Wings ¹² w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Teriyaki Chicken w/ ¹³ Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ¹⁶ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Hamburger ¹⁷ Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	Chicken & Waffles ¹⁸ Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine	Honey Sriracha Wings ¹⁹ w/ Cornbread Chicken Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Taco Bowl ²⁰ w/ Spanish Rice Turkey & Cheese Sandwich Vegan Burrito Chef Salad w/ Romaine
Turkey Pepperoni Pizza ²³ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Crispy Chicken Sandwich ²⁴ Tuna Salad Sandwich Lasagna Roll-Up w/ Roll Chicken Cesar Salad	Penne Pasta w/Meat Sauce ²⁵ Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	Honey Sriracha Wings ²⁶ w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Teriyaki Chicken w/ ²⁷ Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ³⁰ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	<div>  <p>Each day students will get to select from a variety of fresh produce: Jicama, Red Apples, Pluot, HOTM Cherry Tomatoes, Plums, Watermelon Chunks, Mini Sweet Bell Peppers, Edamame, Cucumbers, & Romaine Lettuce</p> </div>			

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We use Foods that are Whole Grain Rich

1% & Nonfat Milk are available every day



Menu Subject to change



Harvest of the Month: Cherry Tomatoes



Small but mighty Cherry Tomatoes are packed with Vitamin C which boosts Immunity (you don't want to sick right when school starts!) and acts as an antioxidant. These antioxidants contain anti-aging effects and promote healthier-looking skin. Cherry Tomatoes also provide a good amount of fiber and being low in calories they help keep you full and hydrated. Regularly eating cooked or raw tomatoes can help improve heart health, reduce cancer risk, and promote better digestion. They are also rich in nutrients including Vitamins A and E as well as potassium. They will be on our Produce Bars for the Month of September add some to your plate this week!

"This institution is an equal opportunity provider."



September 2024

K-12 Supper Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day ²  No School	³ Jack Links Chicken Bites, String Cheese, Sliced Apples Cheez-it Crackers, 100% Juice, Milk	⁴ Tortilla Chips, Cheese Sauce Cup, Mini Carrots, 100% Juice, Milk	⁵ Cocoa Hummus Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, 100% Juice, Milk	⁶ Honey Cranberry Trail Mix, Doritos Cool Ranch Chips, Colby Cheese Cubes, 100% Juice, Milk
⁹ Turkey & Cheese Sandwich, Sliced Apples, 100% Juice, Milk	¹⁰ Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Carrots, Milk	¹¹ Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk	¹² Turkey Pepperoni Pizza Kit, Pineapple Fruit Cup, Mini Carrots, Milk	¹³ Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk
¹⁶ Italian Combo Sandwich, Apples & Cinnamon Fruit Cup, 100% Juice, Milk	¹⁷ Jack Links Chicken Bites, String Cheese, Sliced Apples Cheez-it Crackers, 100% Juice, Milk	¹⁸ Tortilla Chips, Cheese Sauce Cup, Mini Carrots, 100% Juice, Milk	¹⁹ Cocoa Hummus Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, 100% Juice, Milk	²⁰ Honey Cranberry Trail Mix, Doritos Cool Ranch Chips, Colby Cheese Cubes, 100% Juice, Milk
²³ Turkey & Cheese Sandwich, Sliced Apples, 100% Juice, Milk	²⁴ Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Carrots, Milk	²⁵ Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk	²⁶ Turkey Pepperoni Pizza Kit, Pineapple Fruit Cup, Mini Carrots, Milk	²⁷ Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk
³⁰ Italian Combo Sandwich, Apples & Cinnamon Fruit Cup, 100% Juice, Milk		<div>Two Ways to Help Yourself Have a Calm Body 1) Practice Deep Breathing - Take slow deep breaths through their nose and out through their mouth. 2) Practice Mindfulness - This is the practice of being present in the moment and paying attention to your thoughts and feelings without judgment. Try focusing just on your breathing or how your body is feeling for a few minutes to help you relax.</div>		

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September Fun Facts



-September is known as the Harvest Month. Many crops like apples, grapes, pears, pumpkins, celery, and squash are all harvested in the Fall.

-On September 17th some Asian people celebrate the Moon or Mid Autumn Festival during the Full or Harvest Moon. People may celebrate in many ways.

One way is by being home with family and eating Traditional Mooncake. There might also be dancing and games. Celebrations may last several days.

-On September 18th there will be a Harvest Moon. When you look at it, it seems much larger than usual and gives a lot of light throughout the night.

-The first Official Day of Fall is September 22nd. The number of hours in the day are almost equal to the number of hours in the night at the start of Fall.



We use Foods
that are Whole
Grain Rich



Menu Subject to change

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day ²  No School	³ Cheese Stick + Fruit	⁴ Cracker + Fruit	⁵ Cheese Stick + Fruit	⁶ Cracker + Fruit
⁹ Cracker + Fruit	¹⁰ Cheese Stick + Fruit	¹¹ Cracker + Fruit	¹² Cheese Stick + Fruit	¹³ Cracker + Fruit
¹⁶ Cracker + Fruit	¹⁷ Cheese Stick + Fruit	¹⁸ Cracker + Fruit	¹⁹ Cheese Stick + Fruit	²⁰ Cracker + Fruit
²³ Cracker + Fruit	²⁴ Cheese Stick + Fruit	²⁵ Cracker + Fruit	²⁶ Cheese Stick + Fruit	²⁷ Cracker + Fruit
³⁰ Cracker + Fruit	<div>  <div> Two ways to help your child have a Calm Body <ol style="list-style-type: none"> 1) Practice Deep Breathing - Take slow deep breaths through their nose and out through their mouth. 2) Model Calm behavior for your child. Take time to manage your stress levels. Model for your child how to stay calm in different situations. This can help them develop the skills they need to manage their own emotions and energy levels. </div> </div>			