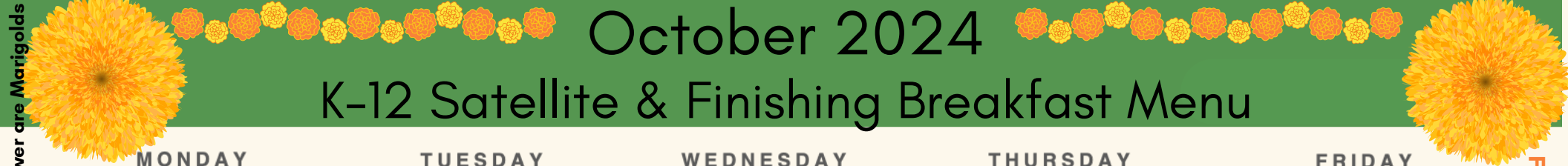


October 2024

K-12 Satellite & Finishing Breakfast Menu



October's Flower are Marigolds

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cereal	2 Banana Muffin	3 Cereal	4 Cinnamon Roll
7 Cereal	8 Bagel w/ Cream Cheese	9 Maple Waffle	10 Apple Muffin	11 Concha
14 	15 Cereal	16 Banana Muffin	17 Cereal	18 Cinnamon Roll
21 Cereal	22 Bagel w/ Cream Cheese	23 Maple Waffle	24 Apple Muffin	25 Concha
28 Apple Frudel	29 Cereal	30 Banana Muffin	31 Cereal	Each day students will be offered two fruits from the following list: Red Apples, Plums, Watermelon Chunks, Pluots, and Dried Cranberries.

We use Foods that are Whole Grain Rich

1% & Nonfat Milk are available every day




Fun Family Activities in Oakland in October

- 10/3 Shop at the last **Prescott Night Market** for the year from **4 - 8 pm** on **18th Street** between Peralta and Cambell Streets. Enjoy Food Trucks and music.
- 10/5 Watch the **50th Annual Black Cowboy Parade and Festival** 10 am - 6 pm at **Derfremery Park**. Learn about the contributions of POC in the settling of the west.
- 10/6 Build community at the **Indigenous Red Market** at **3050 International Blvd** there will be vendors, food trucks, community information, and entertainment
- 10/13 Attend the Free **Moon Viewing Festival** at **666 Bellevue Ave** from 5:30-8:30 pm. See the **Bonsai Garden** and listen to **Taiko Drumming** before moon viewing.
- 10/19 & 10/20 Listen to the Oakland Temple Hill's **Symphony Orchestra's** "Regards to Broadway" at **4780 Lincoln**. The shows and parking are **Free** and start at 7 pm.

Menu Subject to change


"This institution is an equal opportunity provider."


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cereal	2 Banana Muffin	3 Cereal	4 Cinnamon Roll
7 Cereal	8 Bagel w/ Cream Cheese	9 Maple Waffle	10 Apple Muffin	11 Concha
14 	15 Cereal	16 Banana Muffin	17 Cereal	18 Cinnamon Roll
21 Cereal	22 Bagel w/ Cream Cheese	23 Maple Waffle	24 Apple Muffin	25 Concha
28 Apple Frudel	29 Cereal	30 Banana Muffin	31 Cereal	<div> <p>Each day students will be offered two fruits from the following list: Red Apples, Plums, Watermelon Chunks, Pluots, and Dried Cranberries.</p>  </div>




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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Yogurt Parfait Cereal	2 Cereal Banana Muffin	3 French Toast Sticks Cereal	4 Cereal Cinnamon Roll
7 Cereal Mini Maple Pancakes	8 Bagel w/ Cream Cheese Cereal	9 Cereal Maple Waffle	10 Banana Muffin Cereal	11 Cereal Concha Yom Kippur
14 	15 Yogurt Parfait Cereal	16 Cereal Banana Muffin	17 French Toast Sticks Cereal	18 Cereal Cinnamon Roll
21 Cereal Mini Maple Pancakes	22 Bagel w/ Cream Cheese Cereal	23 Cereal Maple Waffle	24 Banana Muffin Cereal	25 Cereal Concha
28 Apple Frudel Cereal	29 Yogurt Parfait Cereal	30 Cereal Banana Muffin	31 French Toast Sticks Cereal	Each day students will be offered two fruits from the following list: Red Apples, Plums, Watermelon Chunks, Pluots, and Dried Cranberries.



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Fun Family Activities in Oakland in October

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October 2024

CDC and Early Childhood Centers Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cereal	2 Banana Muffin	3 Cereal	4 Strawberry Banana Yogurt
7 Cereal	8 Bagel w/ Cream Cheese	9 Maple Waffle	10 Apple Muffin	11 Strawberry Banana Yogurt
14 	15 Cereal	16 Banana Muffin	17 Cereal	18 Strawberry Banana Yogurt
21 Cereal	22 Bagel w/ Cream Cheese	23 Maple Waffle	24 Apple Muffin	25 Strawberry Banana Yogurt
28 Bagel w/ Cream Cheese	29 Cereal	30 Banana Muffin	31 Cereal	Each day students will be offered two fruits from the following list: Red Apples, Plums, Watermelon Chunks, and Pluots,

Rosh Hashanah



Fun Family Activities in Oakland in October

- 10/3 Shop at the last **Prescott Night Market** for the year from **4 - 8 pm** on **18th Street** between Peralta and Cambell Streets. Enjoy Food Trucks and music.
- 10/5 Watch the **50th Annual Black Cowboy Parade and Festival** 10 am - 6 pm at **Derfremery Park**. Learn about the contributions of POC in the settling of the west.
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Menu Subject to change


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October 2024

K-8 Satellite Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Hamburger Grilled Cheese Sandwich	2 Chicken & Waffles Mac & Cheese w/ Dinner Roll 	3 Honey Sriracha Drumstick W/ Cornbread Chix Tenders w/ Cornbread	4 Taco Bowl w/ Spanish Rice Bean and Rice Burrito (Vegan)
7 Turkey Pepperoni Pizza Cheese Pizza	8 Crispy Chicken Sandwich Lasagna Marinara Roll Up w/ Roll	9 Penne Pasta w/ Meat Sauce Veggie Chicken Burger	10 BBQ Drumstick w/ Cornbread Chix (Veggie) Tenders w/ Cornbread	11 Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl Yom Kippur 
14 	15 Hamburger Grilled Cheese Sandwich	16 Chicken & Waffles Mac & Cheese w/ Dinner Roll	17 Honey Sriracha Drumstick W/ Cornbread Chix Tenders w/ Cornbread	18 Taco Bowl w/ Spanish Rice Bean and Rice Burrito (Vegan)
21 Turkey Pepperoni Pizza Cheese Pizza	22 Crispy Chicken Sandwich Lasagna Marinara Roll Up w/ Roll	23 Penne Pasta w/ Meat Sauce Veggie Chicken Burger	24 BBQ Drumstick w/ Cornbread Chix (Veggie) Tenders w/ Cornbread	25 Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl
28 Turkey Pepperoni Pizza Cheese Pizza	29 Hamburger Grilled Cheese Sandwich	30 Chicken & Waffles Mac & Cheese w/ Dinner Roll	31 Honey Sriracha Drumstick W/ Cornbread Chix Tenders w/ Cornbread 	Each day students will be offered a variety of Produce from the following list: Red Apples, Romaine, Edamame, HOTM Cucumbers , Plums, Tomatoes, Pluots, Jicama, Celery, and Watermelon Chunks

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 



Menu Subject to change



Harvest of the Month: Cucumbers



Cucumbers are low in calories and high in fiber which is a great combo for healthy eating. They also contain vitamins like A, K, and C and minerals like magnesium and potassium that your body needs to function at its best. These vitamins and minerals support everything from bones to immune health. Cucumbers are 95% water and are rich in electrolytes they can help prevent dehydration after recess or sports. Eating Cucumbers regularly can help reduce skin problems and infections as well as help you sleep better. You can add some cucumber slices and mint to water to make refreshing "spa water" They will be on our Produce Bars in October add some to your plate when you see them!

"This institution is an equal opportunity provider."

October 2024

K-5 Cooking and Finishing Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Hamburger Grilled Cheese Sandwich	2 Chicken & Waffles Mac & Cheese w/ Dinner Roll 	3 Honey Sriracha Drumstick W/ Cornbread Chix Tenders w/ Cornbread	4 Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan)
7 Turkey Pepperoni Pizza Cheese Pizza	8 Crispy Chicken Sandwich Lasagna Marinara Roll Up w/ Roll	9 Penne Pasta w/ Meat Sauce Veggie Chicken Burger	10 BBQ Drumstick w/ Cornbread Chix (Veggie) Tenders w/ Cornbread	11 Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl Yom Kippur 
14 	15 Hamburger Grilled Cheese Sandwich	16 Chicken & Waffles Mac & Cheese w/ Dinner Roll	17 Honey Sriracha Drumstick W/ Cornbread Chix Tenders w/ Cornbread	18 Taco Bowl w/ Spanish Rice Impossible Burrito (Vegan)
21 Turkey Pepperoni Pizza Cheese Pizza	22 Crispy Chicken Sandwich Lasagna Marinara Roll Up w/ Roll	23 Penne Pasta w/ Meat Sauce Veggie Chicken Burger	24 BBQ Drumstick w/ Cornbread Chix (Veggie) Tenders w/ Cornbread	25 Teriyaki Chicken w/ Veggie Rice Bowl Vegetarian Rice Bowl
28 Turkey Pepperoni Pizza Cheese Pizza	29 Hamburger Grilled Cheese Sandwich	30 Chicken & Waffles Mac & Cheese w/ Dinner Roll	31 Honey Sriracha Drumstick W/ Cornbread Chix Tenders w/ Cornbread 	

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1% & Nonfat Milk
are available
every day



Harvest of the Month: Cucumbers



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October 2024

CDC Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheese Pizza	2 Hamburger 	3 Mac & Cheese w/ Dinner Roll	4 Bean & Rice Burrito (Vegan)
7 Cheese Pizza	8 Crispy Chicken Sandwich	9 Penne Pasta w/ Meat Sauce	10 BBQ Drumstick w/ Cornbread	11 Teriyaki Chicken w/ Veggie Rice Bowl
14 	15 Hamburger	16 Mac & Cheese w/ Dinner Roll	17 Chix (Veggie) Tenders w/ Cornbread	18 Bean & Rice Burrito (Vegan) Yom Kippur 
21 Cheese Pizza	22 Crispy Chicken Sandwich	23 Penne Pasta w/ Meat Sauce	24 BBQ Drumstick w/ Cornbread	25 Teriyaki Chicken w/ Veggie Rice Bowl
28 Cheese Pizza	29 Hamburger	30 Mac & Cheese w/ Dinner Roll	31 Chix (Veggie) Tenders w/ Cornbread	 CDC students will receive baby carrots or a Mixed Green Salad each day for their Vegetable.




Harvest of the Month: Cucumbers



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October 2024

Secondary Satellite Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Hamburger Turkey & Cheese Sandwich Grilled Cheese Sandwich Chicken Caesar Salad	2 Chicken & Waffles Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine <i>Rosh Hashanah</i>	3 Honey Sriracha Drumstick w/ Cornbread Turkey & Cheese Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	4 Chef Salad w/ Romaine Taco Bowl w/ Spanish Rice Turkey & Cheese Sandwich Vegan Burrito
7 Turkey Pepperoni Pizza Turkey & Cheese Sandwich Cheese Pizza Turkey & Cheese Sandwich	8 Crispy Chicken Sandwich Turkey & Cheese Sandwich Lasagna Roll-Up w/ Roll Chicken Caesar Salad	9 Penne Pasta w/Meat Sauce Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	10 BBQ Drumstick w/ Cornbread Turkey & Cheese Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	11 Teriyaki Chicken w/ Veggie Rice Bowl Turkey & Cheese Sandwich Vegetarian Rice Bowl Chef Salad w/ Romaine <i>Yom Kippur</i>
14 	15 Hamburger Turkey & Cheese Sandwich Grilled Cheese Sandwich Chicken Caesar Salad	16 Chicken & Waffles Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine	17 Honey Sriracha Drumstick w/ Cornbread Turkey & Cheese Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	18 Chef Salad w/ Romaine Taco Bowl w/ Spanish Rice Turkey & Cheese Sandwich Vegan Burrito
21 Turkey Pepperoni Pizza Turkey & Cheese Sandwich Cheese Pizza Turkey & Cheese Sandwich	22 Crispy Chicken Sandwich Turkey & Cheese Sandwich Lasagna Roll-Up w/ Roll Chicken Caesar Salad	23 Penne Pasta w/Meat Sauce Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	24 BBQ Drumstick w/ Cornbread Turkey & Cheese Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	25 Teriyaki Chicken w/ Veggie Rice Bowl Turkey & Cheese Sandwich Vegetarian Rice Bowl Chef Salad w/ Romaine
28 Turkey Pepperoni Pizza Turkey & Cheese Sandwich Cheese Pizza Turkey & Cheese Sandwich	29 Hamburger Turkey & Cheese Sandwich Grilled Cheese Sandwich Chicken Caesar Salad	30 Chicken & Waffles Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine	31 Honey Sriracha Drumstick w/ Cornbread Turkey & Cheese Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Each day students will be offered a variety of Produce from the following list: Red Apples, Romaine, Edamame, HOTM Cucumbers , Plums, Tomatoes, Pluots, Jicama, Celery, and Watermelon Chunks

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Harvest of the Month: Cucumbers



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Menu Subject to change

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October 2024

Secondary Finishing Lunch Menu

is Cucumbers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hamburger ¹ Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	Turkey & Cheese Sandwich ² Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine Chicken & Waffles 	Honey Sriracha Wings ³ w/ Cornbread Chicken Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Taco Bowl ⁴ w/ Spanish Rice Turkey & Cheese Sandwich Vegan Burrito Chef Salad w/ Romaine
Turkey Pepperoni Pizza ⁷ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Crispy Chicken Sandwich ⁸ Tuna Salad Sandwich Lasagna Roll-Up w/ Roll Chicken Cesar Salad	Penne Pasta w/Meat Sauce ⁹ Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	Honey Sriracha Wings ¹⁰ w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Teriyaki Chicken w/ ¹¹ Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine Yom Kippur 
 ¹⁴	Hamburger ¹⁵ Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	Turkey & Cheese Sandwich ¹⁶ Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine Chicken & Waffles	Honey Sriracha Wings ¹⁷ w/ Cornbread Chicken Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Taco Bowl ¹⁸ w/ Spanish Rice Turkey & Cheese Sandwich Vegan Burrito Chef Salad w/ Romaine
Turkey Pepperoni Pizza ²¹ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Crispy Chicken Sandwich ²² Tuna Salad Sandwich Lasagna Roll-Up w/ Roll Chicken Cesar Salad	Penne Pasta w/Meat Sauce ²³ Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	Honey Sriracha Wings ²⁴ w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Teriyaki Chicken w/ ²⁵ Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ²⁸ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Hamburger ²⁹ Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	Turkey & Cheese Sandwich ³⁰ Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine Chicken & Waffles	Honey Sriracha Wings ³¹ w/ Cornbread Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad Chicken Salad Sandwich 	Each day students will be offered a variety of Produce from the following list: Red Apples, Romaine, Edamame, HOTM Cucumbers , Plums, Tomatoes, Pluots, Jicama, Celery, and Watermelon Chunks

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Harvest of the Month: Cucumbers



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Menu Subject to change

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October 2024


Secondary Cooking Lunch Menu

HOTM is Cucumbers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hamburger ¹ Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	Turkey & Cheese Sandwich ² Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine Chicken & Waffles ^{Pesho Hashman}	Honey Sriracha Wings ³ w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Taco Bowl ⁴ w/ Spanish Rice Turkey & Cheese Sandwich Bean & Rice Burrito Chef Salad w/ Romaine
Turkey Pepperoni Pizza ⁷ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Crispy Chicken Sandwich ⁸ Tuna Salad Sandwich Lasagna Roll-Up w/ Roll Chicken Cesar Salad	Penne Pasta w/Meat Sauce ⁹ Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	Honey Sriracha Wings ¹⁰ w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Teriyaki Chicken w/ ¹¹ Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine ^{Yom Kippur}
 ¹⁴	Hamburger ¹⁵ Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	Chicken & Waffles ¹⁶ Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine	Honey Sriracha Wings ¹⁷ w/ Cornbread Chicken Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Taco Bowl ¹⁸ w/ Spanish Rice Turkey & Cheese Sandwich Bean & Rice Burrito Chef Salad w/ Romaine
Turkey Pepperoni Pizza ²¹ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Crispy Chicken Sandwich ²² Tuna Salad Sandwich Lasagna Roll-Up w/ Roll Chicken Cesar Salad	Penne Pasta w/Meat Sauce ²³ Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	Honey Sriracha Wings ²⁴ w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Teriyaki Chicken w/ ²⁵ Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ²⁸ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Hamburger ²⁹ Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	Chicken & Waffles ³⁰ Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine	Honey Sriracha Wings ³¹ w/ Cornbread Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad Chicken Salad Sandwich 	Each day students will be offered a variety of Produce from the following list: Red Apples, Romaine, Edamame, HOTM Cucumbers , Plums, Tomatoes, Pluots, Jicama, Celery, and Watermelon Chunks

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Menu Subject to change



Harvest of the Month: Cucumbers



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October 2024


Secondary Finishing Lunch Menu

HOTM is Cucumbers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hamburger ¹ Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	Turkey & Cheese Sandwich ² Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine Chicken & Waffles 	Honey Sriracha Wings ³ w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Taco Bowl ⁴ w/ Spanish Rice Turkey & Cheese Sandwich Vegan Burrito Chef Salad w/ Romaine
Turkey Pepperoni Pizza ⁷ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Crispy Chicken Sandwich ⁸ Tuna Salad Sandwich Lasagna Roll-Up w/ Roll Chicken Cesar Salad	Penne Pasta w/Meat Sauce ⁹ Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	Honey Sriracha Wings ¹⁰ w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Teriyaki Chicken w/ ¹¹ Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine Yom Kippur 
 ¹⁴	Hamburger ¹⁵ Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	Chicken & Waffles ¹⁶ Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine	Honey Sriracha Wings ¹⁷ w/ Cornbread Chicken Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Taco Bowl ¹⁸ w/ Spanish Rice Turkey & Cheese Sandwich Vegan Burrito Chef Salad w/ Romaine
Turkey Pepperoni Pizza ²¹ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Crispy Chicken Sandwich ²² Tuna Salad Sandwich Lasagna Roll-Up w/ Roll Chicken Cesar Salad	Penne Pasta w/Meat Sauce ²³ Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	Honey Sriracha Wings ²⁴ w/ Cornbread Tuna Salad Sandwich Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad	Teriyaki Chicken w/ ²⁵ Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ²⁸ Hot Dog Cheese Pizza Turkey & Cheese Sandwich	Hamburger ²⁹ Chicken Salad Sandwich Grilled Cheese Sandwich Chicken Cesar Salad	Chicken & Waffles ³⁰ Turkey & Cheese Sandwich Mac & Cheese w/ Dinner Roll Chef Salad w/ Romaine	Honey Sriracha Wings ³¹ w/ Cornbread Veggie Tenders w/ Cornbread Southwest Chicken Taco Salad Chicken Salad Sandwich 	Each day students will be offered a variety of Produce from the following list: Red Apples, Romaine, Edamame, HOTM Cucumbers , Plums, Tomatoes, Pluots, Jicama, Celery, and Watermelon Chunks

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Menu Subject to change



Harvest of the Month: Cucumbers



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October 2024

K-12 Supper Menu




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Jack Links Chicken Bites, String Cheese, Sliced Apples Cheez-it Crackers, 100% Juice, Milk	2 Tortilla Chips, Cheese Sauce Cup, Mini Carrots, 100% Juice, Milk 	3 Cocoa Hummus Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, 100% Juice, Milk	4 Honey Cranberry Trail Mix, Doritos Cool Ranch Chips, Colby Cheese Cubes, 100% Juice, Milk
7 Turkey & Cheese Sandwich, Sliced Apples, 100% Juice, Milk	8 Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Carrots, Milk	9 Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk	10 Turkey Pepperoni Pizza Kit, Pineapple Fruit Cup, Mini Carrots, Milk	11 Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk 
14 	15 Jack Links Chicken Bites, String Cheese, Sliced Apples Cheez-it Crackers, 100% Juice, Milk	16 Tortilla Chips, Cheese Sauce Cup, Mini Carrots, 100% Juice, Milk	17 Cocoa Hummus Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, 100% Juice, Milk	18 Honey Cranberry Trail Mix, Doritos Cool Ranch Chips, Colby Cheese Cubes, 100% Juice, Milk
21 Turkey & Cheese Sandwich, Sliced Apples, 100% Juice, Milk	22 Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Carrots, Milk	23 Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk	24 Turkey Pepperoni Pizza Kit, Pineapple Fruit Cup, Mini Carrots, Milk	25 Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk
28 Italian Combo Sandwich, Apples & Cinnamon Fruit Cup, 100% Juice, Milk	29 Jack Links Chicken Bites, String Cheese, Sliced Apples Cheez-it Crackers, 100% Juice, Milk	30 Tortilla Chips, Cheese Sauce Cup, Mini Carrots, 100% Juice, Milk	31 Cocoa Hummus Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, 100% Juice, Milk 	<div>Ways to Relax 1) Listen to calming music 2) Go outside take a walk 3) Read a book or magazine 4) Practice mindful breathing 5) Make and use a Calm Jar </div>

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We use Foods
that are Whole
Grain Rich





October Facts

-On 10/17 look outside to see the **"Hunter's Moon"** or full moon for October. It will be a **supermoon**. This means the Earth is closer to the moon than other full moons. The Full moons in August-November are all **supermoons** and each night the moon will rise at the same time bringing early moonlight which in the past helped with harvesting and hunting.

-In October there are two important holidays celebrated by Jewish people. The first is **Rosh Hashanah** which celebrates the New Year according to the traditional Jewish Calendar with traditions and sweet symbolic foods like honey and apples. The second holiday is **Yom Kipper** which is the "Day of Atonement". This day is focused on asking for forgiveness for past mistakes and praying. When the holiday ends with the blowing of the **Shofar** (a trumpet made from a ram's horn) there maybe a celebration, music, and dancing.

Menu Subject to change




A Shofar

"This institution is an equal opportunity provider."



October 2024 CDC Snack Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cheese Stick + Fruit	Cracker + Fruit	Cheese Stick + Fruit	Cracker + Fruit
Cracker + Fruit	Cheese Stick + Fruit	Cracker + Fruit	Cheese Stick + Fruit	Cracker + Fruit
	Cheese Stick + Fruit	Cracker + Fruit	Cheese Stick + Fruit	Cracker + Fruit
Cracker + Fruit	Cheese Stick + Fruit	Cracker + Fruit	Cheese Stick + Fruit	Cracker + Fruit
Cracker + Fruit	Cheese Stick + Fruit	Cracker + Fruit	Cheese Stick + Fruit	Cracker + Fruit

Rosh Hashanah

Yom Kippur

Ways to Relax

- 1) Listen to calming music
- 2) Go outside take a walk
- 3) Read a book or magazine
- 4) Practice mindful breathing
- 5) Make and use a Calm Jar



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A Shofar



We use Foods
that are Whole
Grain Rich



Menu Subject to change

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