



# November 2024

## K-12 Satellite & Finishing Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Every day, students will be offered two fruits from the following list:</b> Red Apples, Plums, Pears, <b>HOTM Persimmons</b>, and Dried Cranberries.</p>				1 Cinnamon Roll
				 <b>Day of the Dead</b>
4 Cereal	5 Bagel w/ Cream Cheese	6 Maple Waffle	7 Apple Muffin	8 Concha
11 	12 Cereal	13 Banana Muffin	14 Cereal	15 Cinnamon Roll
18 Cereal	19 Bagel w/ Cream Cheese	20 Maple Waffle	21 Apple Muffin	22 Concha
25 	26	27	28	29 
No School 11/25-11/29 Thanksgiving Break				

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

1% & Nonfat Milk  
are available  
every day



### Fun Family things to do in November

- 11/2 Check out OUSD's New **Central Kitchen & Education Space** from 11-3 pm @ **2850 West Street**. Use the **QR code** to RSVP to this Free event.
- 11/3 Celebrate **Dia de los Muertos 10 am-5 pm** on **International Blvd**. FREE Entry to the event. There will be music, games & food for sale.
- 11/10 Pick out a **Free Children's Book** at the **Bookmark** book store @ **933 Broadway** from **11 am-5 pm**. You can also buy low-cost books.
- 11/16 Get creative at the **Patchwork Show 11 am- 5 pm** @ **Jack London** there will be local makers, music, food, DIY craft activities & more.



Menu Subject to change

"This institution is an equal opportunity provider."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <p>Every day, students will be offered two fruits from the following list: Red Apples, Plums, Pears, <b>HOTM Persimmons</b>, and Dried Cranberries.</p> </div>				
4 Cereal	5 Bagel w/ Cream Cheese	6 Maple Waffle	7 Apple Muffin	1 Cinnamon Roll  8 Day of the Dead 
11 No School Holiday 	12 Cereal	13 Banana Muffin	14 Cereal	15 Cinnamon Roll
18 Cereal	19 Bagel w/ Cream Cheese	20 Maple Waffle	21 Apple Muffin	22 Concha
25 No School 11/25-11/29 Thanksgiving Break	26	27	28	29



# November 2024

November's Flower are Chrysanthemums



## Secondary Cooking Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><p><b>Every day, students will be offered two fruits from the following list:</b> Red Apples, Plums, Pears, <b>HOTM Persimmons</b>, and Dried Cranberries.</p></div>				
4 Cereal Mini Maple Pancakes	5 Bagel w/ Cream Cheese Cereal	6 Cereal Maple Waffle	7 Apple Muffin Cereal	1 Cinnamon Roll Cereal <b>Day of the Dead</b> 
11 	12 Cereal Yogurt Parfait	13 Banana Muffin Cereal	14 Cereal French Toast Sticks	15 Cinnamon Roll Cereal
18 Cereal Mini Maple Pancakes	19 Bagel w/ Cream Cheese Cereal	20 Cereal Maple Waffle	21 Apple Muffin Cereal	22 Cereal Concha
25 No School 11/25-11/29 Thanksgiving Break	26	27	28	29



### Fun Family things to do in November

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1% & Nonfat Milk are available every day



**Menu Subject to change**

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# November 2024

## CDC & Early childhood Centers Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Every day, students will be offered two fruits from the following list:**  
Red Apples, Plums, Pears,  
**HOTM Persimmons**, and  
Dried Cranberries.

Strawberry Banana  
Yogurt

Day of the Dead



Cereal

Bagel  
w/ Cream Cheese

Maple Waffle

Apple Muffin

Strawberry Banana  
Yogurt



Cereal

Banana Muffin

Cereal

Strawberry Banana  
Yogurt

Cereal

Bagel  
w/ Cream Cheese

Maple Waffle

Apple Muffin

Strawberry Banana  
Yogurt

No School 11/25-11/29  
Thanksgiving Break

### Fun Family things to do in November

-11/2 Check out OUSD's **New Central Kitchen & Education Space** from 11-3 pm @ 2850 West Street. **Use** the **QR code** to RSVP to this Free event.

-11/3 Celebrate **Dia de los Muertos 10 am-5 pm** on **International Blvd.** and **Fruitvale**. FREE Entry to the event. There will be music, games & food for sale

-11/10 Pick out a **Free Children's Book** at the **Bookmark** book store @ **933 Broadway** from **11 am-5 pm**. You can also buy low-cost books.

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Grain Rich

1% & Nonfat Milk  
are available  
every day



Menu Subject to change

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# November 2024

## K-8 Satellite Lunch Menu

The HOTM is Persimmons



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



### Produce Bar Menu

*Each day students will be offered a variety of Produce from the following list.* Red Apples, Romaine, Edamame, Plums, **HOTM Persimmons**, Corn, Cucumbers, Plums, Baby Carrots, Pears, and Mini Sweet Bell Peppers

Turkey Pepperoni Pizza  
Cheese Pizza

Crispy Chicken Sandwich  
Lasagna Rollup w/ Roll

Penne Pasta w/ Meat Sauce  
Veggie "Chicken" Sandwich

BBQ Drumstick w/  
Cornbread  
Veggie "Chicken" Tenders  
w/ Corn Bread

Beef Taco Bowl w/ Rice  
Bean & Rice Burrito (Vegan)

Day of the Dead



Teriyaki Chicken & Rice Bowl  
Veggie Rice Bowl



Turkey Pepperoni Pizza  
Cheese Pizza

Chicken & Waffles  
Mac & Cheese w/ Roll

Hamburger  
Grilled Cheese

Beef Taco Bowl w/ Rice  
Bean & Rice Burrito (Vegan)

Turkey Pepperoni Pizza  
Cheese Pizza

Crispy Chicken Sandwich  
Lasagna Rollup w/ Roll

Penne Pasta w/ Meat Sauce  
Veggie "Chicken" Sandwich

BBQ Drumstick w/  
Cornbread  
Veggie "Chicken" Tenders  
w/ Corn Bread

Teriyaki Chicken & Rice Bowl  
Veggie Rice Bowl

No School 11/25-11/29  
Thanksgiving Break

### November's Harvest of the Month: Persimmons

Persimmons are small **orange-colored fruits** that grow on Trees. They are originally grown in **China** for the delicious fruit and beautiful wood. **Persimmons** are known for their sweet **honey-like** flavor. There are **hundreds** of kinds of Persimmons but the **Fuyu** and **Hachiya** are the most popular. Packed with an impressive amount of **nutrients** including **Vitamins A, C, E, and K** along with **Potassium, Copper, and Magnesium**. Eating them regularly can support your eye health because they are high in **Vitamin A**. They are also **high in Fiber** which can **lower** your **cholesterol** and are also low in calories. Try one at Lunch.

We use Foods  
that are Whole  
Grain Rich

1% & Nonfat Milk  
are available  
every day



Menu Subject to change

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## K-8 Cooking and Finishing Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



### Produce Bar Menu

*Each day students will be offered a variety of Produce from the following list.* Red Apples, Romaine, Edamame, Plums, **HOTM Persimmons**, Corn, Cucumbers, Plums, Baby Carrots, Pears, and Mini Sweet Bell Peppers



Day of the Dead 

4 Turkey Pepperoni Pizza Cheese Pizza	5 Crispy Chicken Sandwich Lasagna Rollup w/ Roll	6 Penne Pasta w/ Meat Sauce Veggie "Chicken" Sandwich	7 BBQ Drumstick w/ Cornbread Veggie "Chicken" Tenders w/ Corn Bread	8 Teriyaki Chicken & Rice Bowl Veggie Rice Bowl
11 	12 Turkey Pepperoni Pizza Cheese Pizza	13 Chicken & Waffles Mac & Cheese w/ Roll	14 Hamburger Grilled Cheese	15 Beef Taco Bowl w/ Rice Bean & Rice Burrito (Vegan)
18 Turkey Pepperoni Pizza Cheese Pizza	19 Crispy Chicken Sandwich Lasagna Rollup w/ Roll	20 Penne Pasta w/ Meat Sauce Veggie "Chicken" Sandwich	21 BBQ Drumstick w/ Cornbread Veggie "Chicken" Tenders w/ Corn Bread	22 Teriyaki Chicken & Rice Bowl Veggie Rice Bowl
25 	26 	27 	28 	29 

No School 11/25-11/29  
Thanksgiving Break

### November's Harvest of the Month: Persimmons

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We use Foods that are Whole Grain Rich  
1% & Nonfat Milk are available every day



Menu Subject to change

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# November 2024

## Secondary Satellite Lunch Menu

The HOTM is Persimmons



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



### Produce Bar Menu

*Each day students will be offered a variety of Produce from the following list.* Red Apples, Romaine, Edamame, Plums, **HOTM Persimmons**, Corn, Cucumbers, Plums, Baby Carrots, Pears, and Mini Sweet Bell Peppers

Turkey Pepperoni Pizza <sup>4</sup>  
Cheese Pizza  
Hot Dog  
Turkey & Cheese Sandwich

Crispy Chicken Sandwich <sup>5</sup>  
Lasagna Rollup w/ Roll  
Turkey & Cheese Sandwich  
Chicken Caesar Salad

Chef Salad w/ Romaine <sup>6</sup>  
Penne Pasta w/ Meat Sauce  
Veggie "Chicken" Burger  
Turkey & Cheese Sandwich

Turkey & Cheese Sandwich <sup>7</sup>  
BBQ Drumstick w/ Cornbread  
Southwest Chicken Salad  
Veggie "Chicken" Tenders w/ Corn Bread

Beef Taco Bowl w/ Rice <sup>1</sup>  
Bean & Rice Burrito (Vegan)  
Chef Salad w/ Romaine  
Turkey & Cheese Sandwich <sup>8</sup>  
**Day of the Dead**

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

**No School Holiday** <sup>11</sup>  


Turkey Pepperoni Pizza <sup>12</sup>  
Cheese Pizza  
Hot Dog  
Turkey & Cheese Sandwich

Chicken & Waffles <sup>13</sup>  
Mac & Cheese w/ Roll  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

Hamburger <sup>14</sup>  
Grilled Cheese  
Chicken Caesar Salad  
Turkey & Cheese Sandwich

Beef Taco Bowl w/ Rice <sup>15</sup>  
Bean & Rice Burrito (Vegan)  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

Turkey Pepperoni Pizza <sup>18</sup>  
Cheese Pizza  
Hot Dog  
Turkey & Cheese Sandwich

Crispy Chicken Sandwich <sup>19</sup>  
Lasagna Rollup w/ Roll  
Turkey & Cheese Sandwich  
Chicken Caesar Salad

Chef Salad w/ Romaine <sup>20</sup>  
Penne Pasta w/ Meat Sauce  
Veggie "Chicken" Burger  
Turkey & Cheese Sandwich

Turkey & Cheese Sandwich <sup>21</sup>  
BBQ Drumstick w/ Cornbread  
Southwest Chicken Salad  
Veggie "Chicken" Tenders w/ Corn Bread

Teriyaki Chicken & Rice Bowl <sup>22</sup>  
Veggie Rice Bowl  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

<sup>25</sup>

<sup>26</sup>

<sup>27</sup>

<sup>28</sup>

<sup>29</sup>

**No School 11/25-11/29**  
**Thanksgiving Break**

We use Foods that are Whole Grain Rich

### November's Harvest of the Month: Persimmons

Persimmons are small **orange-colored fruits** that grow on Trees. They are originally grown in **China** for the delicious fruit and beautiful wood. **Persimmons** are known for their sweet **honey-like** flavor. There are **hundreds** of kinds of Persimmons but the **Fuyu** and **Hachiya** are the most popular. Packed with an impressive amount of **nutrients** including **Vitamins A, C, E, and K** along with **Potassium, Copper, and Magnesium**. Eating them regularly can support your eye health because they are high in **Vitamin A**. They are also **high in Fiber** which can **lower** your **cholesterol** and are also low in calories. Try one at Lunch.

**Menu Subject to change**

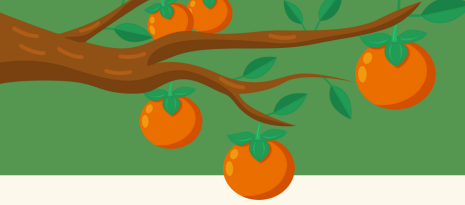
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1% & Nonfat Milk are available every day







# November 2024

## Secondary Finishing Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



### Produce Bar Menu

*Each day students will be offered a variety of Produce from the following list.* Red Apples, Romaine, Edamame, Plums, **HOTM Persimmons**, Corn, Cucumbers, Plums, Baby Carrots, Pears, and Mini Sweet Bell Peppers

Turkey Pepperoni Pizza <sup>4</sup>  
Cheese Pizza  
Hot Dog  
Turkey & Cheese Sandwich

Crispy Chicken Sandwich <sup>5</sup>  
Lasagna Rollup w/ Roll  
Turkey & Cheese Sandwich  
Chicken Caesar Salad

Chef Salad w/ Romaine <sup>6</sup>  
Penne Pasta w/ Meat Sauce  
Veggie "Chicken" Burger  
Turkey & Cheese Sandwich

Turkey & Cheese Sandwich <sup>7</sup>  
BBQ Drumstick w/ Cornbread  
Southwest Chicken Salad  
Veggie "Chicken" Tenders w/ Corn Bread

Beef Taco Bowl w/ Rice <sup>1</sup>  
Bean & Rice Burrito (Vegan)  
Chef Salad w/ Romaine  
Turkey & Cheese Sandwich <sup>8</sup>  
 **Day of the Dead**  
Teriyaki Chicken & Rice Bowl  
Veggie Rice Bowl  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

**No School Holiday** <sup>11</sup>  
 **VETERANS DAY**

Turkey Pepperoni Pizza <sup>12</sup>  
Cheese Pizza  
Hot Dog  
Turkey & Cheese Sandwich

Chicken & Waffles <sup>13</sup>  
Mac & Cheese w/ Roll  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

Hamburger <sup>14</sup>  
Grilled Cheese  
Chicken Caesar Salad  
Turkey & Cheese Sandwich

Beef Taco Bowl w/ Rice <sup>15</sup>  
Bean & Rice Burrito (Vegan)  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

Turkey Pepperoni Pizza <sup>18</sup>  
Cheese Pizza  
Hot Dog  
Turkey & Cheese Sandwich

Crispy Chicken Sandwich <sup>19</sup>  
Lasagna Rollup w/ Roll  
Turkey & Cheese Sandwich  
Chicken Caesar Salad

Chef Salad w/ Romaine <sup>20</sup>  
Penne Pasta w/ Meat Sauce  
Veggie "Chicken" Burger  
Turkey & Cheese Sandwich

Turkey & Cheese Sandwich <sup>21</sup>  
BBQ Drumstick w/ Cornbread  
Southwest Chicken Salad  
Veggie "Chicken" Tenders w/ Corn Bread

Teriyaki Chicken & Rice Bowl <sup>22</sup>  
Veggie Rice Bowl  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

<sup>25</sup>

<sup>26</sup>

<sup>27</sup>

<sup>28</sup>

<sup>29</sup>

**No School 11/25-11/29**  
**Thanksgiving Break**



**November's Harvest of the Month: Persimmons**

Persimmons are small orange-colored fruits that grow on Trees. They are originally grown in China for the delicious fruit and beautiful wood. Persimmons are known for their sweet honey-like flavor. There are hundreds of kinds of Persimmons but the Fuyu and Hachiya are the most popular. Packed with an impressive amount of nutrients including Vitamins A, C, E, and K along with Potassium, Copper, and Magnesium. Eating them regularly can support your eye health because they are high in Vitamin A. They are also high in Fiber which can lower your cholesterol and are also low in calories.

**Menu Subject to change**

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# November 2024

## Secondary Cooking Lunch Menu

The HOTM is Persimmons



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



### Produce Bar Menu

*Each day students will be offered a variety of Produce from the following list.* Red Apples, Romaine, Edamame, Plums, **HOTM Persimmons**, Corn, Cucumbers, Plums, Baby Carrots, Pears, and Mini Sweet Bell Peppers



Beef Taco Bowl w/ Rice<sup>1</sup>  
Bean & Rice Burrito (Vegan)  
Chef Salad w/ Romaine  
Turkey & Cheese Sandwich

### **Day of the Dead**

Teriyaki Chicken & Rice Bowl<sup>8</sup>  
Veggie Rice Bowl  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

Turkey Pepperoni Pizza<sup>4</sup>  
Cheese Pizza  
Hot Dog  
Turkey & Cheese Sandwich

Crispy Chicken Sandwich<sup>5</sup>  
Lasagna Rollup w/ Roll  
Turkey & Cheese Sandwich  
Chicken Caesar Salad

Chef Salad w/ Romaine<sup>6</sup>  
Penne Pasta w/ Meat Sauce  
Veggie "Chicken" Burger  
Turkey & Cheese Sandwich

Turkey & Cheese Sandwich<sup>7</sup>  
BBQ Drumstick w/ Cornbread  
Southwest Chicken Salad  
Veggie "Chicken" Tenders w/ Corn Bread



Turkey Pepperoni Pizza<sup>12</sup>  
Cheese Pizza  
Hot Dog  
Turkey & Cheese Sandwich

Chicken & Waffles<sup>13</sup>  
Mac & Cheese w/ Roll  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

Hamburger<sup>14</sup>  
Grilled Cheese  
Chicken Caesar Salad  
Turkey & Cheese Sandwich

Beef Taco Bowl w/ Rice<sup>15</sup>  
Bean & Rice Burrito (Vegan)  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

Turkey Pepperoni Pizza<sup>18</sup>  
Cheese Pizza  
Hot Dog  
Turkey & Cheese Sandwich

Crispy Chicken Sandwich<sup>19</sup>  
Lasagna Rollup w/ Roll  
Turkey & Cheese Sandwich  
Chicken Caesar Salad

Chef Salad w/ Romaine<sup>20</sup>  
Penne Pasta w/ Meat Sauce  
Veggie "Chicken" Burger  
Turkey & Cheese Sandwich

Turkey & Cheese Sandwich<sup>21</sup>  
BBQ Drumstick w/ Cornbread  
Southwest Chicken Salad  
Veggie "Chicken" Tenders w/ Corn Bread

Teriyaki Chicken & Rice Bowl<sup>22</sup>  
Veggie Rice Bowl  
Turkey & Cheese Sandwich  
Chef Salad w/ Romaine

25

26

27

28

29

No School 11/25-11/29  
Thanksgiving Break



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### **November's Harvest of the Month: Persimmons**



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# November 2024

## CDC Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



CDC students will receive min carrots or a mixed green salad as thier vegetable each day/

4

Cheese Pizza

5

Crispy Chicken Sandwich

6

Penne w/ Meat Sauce

7

BBQ Drumstick w/ Cornbread

1

Bean & Rice Burrito

Day of the Dead



8

Teriyaki Chicken w/ Rice Bowl

11



12

Cheese Pizza

13

Mac & Cheese w/ Dinner Roll

14

Hamburger

15

Bean & Rice Burrito

18

Cheese Pizza

19

Bagel w/ Cream Cheese

20

Maple Waffle

21

Apple Muffin

22

Concha

25



26



No School 11/25-11/29  
Thanksgiving Break

27



28



29



### November's Harvest of the Month: Persimmons

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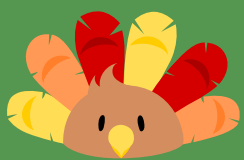


Menu Subject to change

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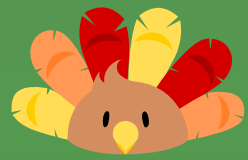
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <h3>Ways to Deal with Difficult Emotions</h3> <p>Some emotions are positive like joy and happiness. Negative emotions like sadness, anger, and fear can be more difficult to manage. Here are some ways to deal with your emotions. Acknowledge your emotions and notice what you are feeling, Accept your emotions don't deny them. Identify your triggers and practice mindfulness to help learn to respond more calmly. Find ways to relax and stay busy like exercise or a hobby. Try to stay away from negativity.</p> </div>				<div> <p>Honey Cranberry Trail Mix,<sup>1</sup> Doritos Cool Ranch Chips, Colby Cheese Cubes, 100% Juice, Milk </p> <p><b>Day of the Dead</b></p> </div>
<div> <p>4</p> <p>Turkey &amp; Cheese Sandwich, Sliced Apples, 100% Juice, Milk</p> </div>	<div> <p>5</p> <p>Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Carrots, Milk</p> </div>	<div> <p>6</p> <p>Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk</p> </div>	<div> <p>7</p> <p>Turkey &amp; Cheese Sandwich, Sliced Apples, 100% Juice, Milk</p> </div>	<div> <p>8</p> <p>Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk</p> </div>
<div> <p>11</p> <p></p> </div>	<div> <p>12</p> <p>Jack Links Chicken Bites, String Cheese, Sliced Apples Cheez-it Crackers, 100% Juice, Milk</p> </div>	<div> <p>13</p> <p>Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk</p> </div>	<div> <p>14</p> <p>Cocoa Hummus Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, 100% Juice, Milk</p> </div>	<div> <p>15</p> <p>Honey Cranberry Trail Mix, Doritos Cool Ranch Chips, Colby Cheese Cubes, 100% Juice, Milk</p> </div>
<div> <p>18</p> <p>Turkey &amp; Cheese Sandwich, Sliced Apples, 100% Juice, Milk</p> </div>	<div> <p>19</p> <p>Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Carrots, Milk</p> </div>	<div> <p>20</p> <p>Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk</p> </div>	<div> <p>21</p> <p>Turkey Pepperoni Pizza Kit, Pineapple Fruit Cup, Mini Carrots, Milk</p> </div>	<div> <p>22</p> <p>Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk</p> </div>
<div> <p>25</p> <p></p> </div>	<div> <p>26</p> </div>	<div> <p>27</p> </div>	<div> <p>28</p> </div>	<div> <p>29</p> <p></p> </div>
<div> <p>No School 11/25-11/29</p> <p>Thanksgiving Break</p> </div>				



# November 2024

## OUSD CDC Snack Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



### Helping Younger Students Manage Their Emotions

You can help your child better manage their "Big Feelings" by talking openly about feelings and identifying them by name. Teach and model for them simple coping mechanisms like deep breathing. Read and talk about books that are focused on emotions. Provide a calm-down space or kit when your child needs it. Always try your best to remain calm and supportive to model healthy emotional regulation. Your child learns from watching you.

Cracker  
+  
Fruit

Day of the Dead



1

8

15

22

29

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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



No School 11/25-11/29  
Thanksgiving Break



### November's Fun Facts and Information



-11/1 is **Diwali** a holiday celebrated by some Hindus, Jains, Sikhs, and Buddhists. It **symbolizes** the **victory** of light over darkness and evil.



-11/1 is also the **Day of the Dead** a holiday **celebrated** in **Mexico** where families pay respect and remember loved ones who have died.

-11/3 is the end of **Day Lights Savings Time**. Clocks will **move back one hour** at 2 am. From now on the Sun will set earlier each night.

-Look in the sky on 11/15 to see the **Full Moon** traditionally called "**The Beaver Moon**". In the olden days, this was the month to set Beaver traps.



We use Foods  
that are Whole  
Grain Rich



Menu Subject to change

"This institution is an equal opportunity provider."