



December 2024

K-12 Satellite & Finishing Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereal	3 Bagel w/ Cream Cheese	4 Maple Waffle	5 Apple Muffin	6 Concha
9 Apple Frudel	10 Cereal	11 Banana Muffin	12 Cereal	13 Cinnamon Roll
16 Cereal	17 Bagel w/ Cream Cheese	18 Maple Waffle	19 Apple Muffin	20 Concha
23 	24	25	64	27 
30 Students Return to School on Tuesday 1/7/2025				
Each day students will be given a choice of two of the following Fruits: Red Apples, Orange, Mandarin Tangerines, Pears, and Dried Cranberries				

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

Fun Family things to do in December

- 12/7 Celebrate at the FREE Tree Lighting at Jack London Square from 5:45 pm to 8:00 pm at the Plaza near PLANK restaurant. Take photos w/Santa and Frosty.
- 12/14 Run with the East Bay Front Runners and Walkers. Meet at 9 am at Lake Merritt at 1418 Lakeside Drive and enjoy great views of the lake and downtown.
- 12/15 Create at the Oakland Museum Spotlight Sunday from 1-3pm. Hear from artist Consuelo Jimenez Underwood and make a power wand.
- Check out the Oakland Library webpage to find out different activities happening at local libraries the two weeks that school is out.

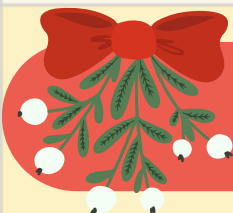


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December 2024

K-8 Cooking Breakfast Menu

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2 Cereal	3 Bagel w/ Cream Cheese	4 Maple Waffle	5 Blueberry Muffin	6 Concha
9 Apple Frudel	10 Cereal	11 Banana Muffin	12 Cereal	13 Cinnamon Roll
16 Cereal	17 Bagel w/ Cream Cheese	18 Maple Waffle	19 Blueberry Muffin	20 Concha
23 	24	25	26	27 
30 Students Return to School on Tuesday 1/7/2025				Each day students will be given a choice of two of the following Fruits: Red Apples, Orange, Mandarin Tangerines, Pears, and Dried Cranberries

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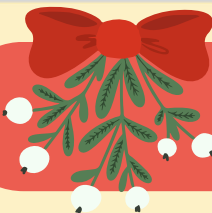


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December 2024 CDC Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereal	3 Bagel w/ Cream Cheese	4 Maple Waffle	5 Apple Muffin	6 Strawberry Banana Yogurt
9 Bagel w/ Cream Cheese	10 Cereal	11 Banana Muffin	12 Cereal	13 Strawberry Banana Yogurt
16 Cereal	17 Bagel w/ Cream Cheese	18 Maple Waffle	19 Apple Muffin	20 Strawberry Banana Yogurt
23 	24	25	26	27 
30 CDC's are open 1/2 and 1/3 But are closed 1/6 for Teacher PD Meeting				Each day students will be given a choice of two of the following Fruits: Red Apples, Orange, Mandarin Tangerines, Pears, and Dried Cranberries

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December 2024

Secondary Cooking Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Maple Pancakes Cereal	3 Cereal Bagel w/ Cream Cheese	4 Maple Waffle Cereal	5 Cereal Blueberry Muffin	6 Concha Cereal
9 Cereal Apple Frudel	10 Yogurt Parfait Cereal	11 Cereal Banana Muffin	12 French Toast Sticks Cereal	13 Cereal Cinnamon Roll
16 Mini Maple Pancakes Cereal	17 Cereal Bagel w/ Cream Cheese	18 Maple Waffle Cereal	19 Cereal Blueberry Muffin	20 Concha Cereal
23 	24	25	26	27 
Schools are Closed 12/23-1/6 Winter Break				
30 Students Return to School on Tuesday 1/7/2025	31		 Each day students will be given a choice of two of the following Fruits: Red Apples, Orange, Mandarin Tangerines, Pears, and Dried Cranberries	

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Fun Family things to do in December

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December 2024

K-8 Satellite Lunch Menu

December's HOTM is Kale

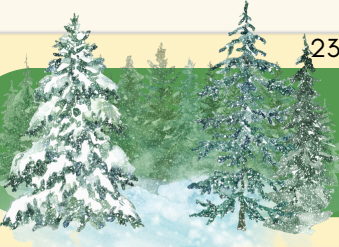
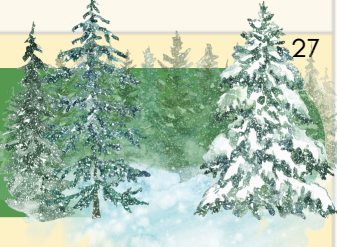

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Turkey Pepperoni Pizza Cheese Pizza	3 Crispy Chicken Sandwich Grilled Cheese	4 Hot Dog Veggie "Chicken" Sandwich	5 BBQ Drumstick w/ Cornbread Veggie "Chicken" Tenders w/ Corn Bread	6 Teriyaki Chicken & Rice Bowl Veggie Rice Bowl
9 Turkey Pepperoni Pizza Cheese Pizza	10 Hamburger Lasagna Rollup w/ Roll	11 Chicken & Waffles Mac & Cheese w/ Roll	12 Honey Sriacha Drumstick w/ Cornbread Veggie "Chicken" Tenders w/ Corn Bread	13 Beef Taco Bowl w/ Rice Bean & Rice Burrito (Vegan)
16 Turkey Pepperoni Pizza Cheese Pizza	17 Crispy Chicken Sandwich Lasagna Rollup w/ Roll	18 Penne Pasta w/ Meat Sauce Veggie "Chicken" Sandwich	19 BBQ Drumstick w/ Cornbread Veggie "Chicken" Tenders w/ Corn Bread	20 Chicken & Rice Burrito Bean & Rice Burrito (Vegan)
23 	24	25	26	27 
Schools are Closed 12/23-1/6 Winter Break				
30 Students Return to School on Tuesday 1/7/2025	31		 <p>Each day students will be given a variety of the following on the Produce Bar: Carrots, Red Apples, Edamame, HOTM Kale, Oranges, Mandarin Tangerines, Cucumbers, Romaine, Pears, and Corn</p>	

We use Foods that are Whole Grain Rich

1% & Nonfat Milk are available every day



Harvest of the Month: Kale

Kale is a popular vegetable and a member of the cabbage family. It is a cruciferous vegetable and is closely related to cabbage, broccoli, cauliflower, collard greens, and Brussels sprouts. There are many different types of kale. The leaves can be green or purple and have either a smooth or curly shape. Kale is a superfood and contains fiber, antioxidants, calcium, vitamins C and K, iron, and a wide range of other nutrients that can help prevent various health problems. Like other leafy greens, kale is very high in antioxidants. It is also higher in vitamin C than most other greens, containing about three times much as spinach and collard greens Try some Kale on your Produce Bar this Month.

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December 2024

CDC Lunch Menu

December's HOTM is Kale

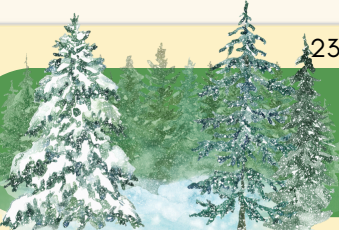


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Cheese Pizza	3 Crispy Chicken Sandwich	4 Hot Dog	5 BBQ Drumstick w/ Cornbread	6 Teriyaki Chicken w/ Rice Bowl
9 Cheese Pizza	10 Hamburger	11 Mac & Cheese w/ Dinner Roll	12 Veggie "Chicken" Tenders w/ Corn Bread	13 Bean & Rice Burrito (Vegan)
16 Cheese Pizza	17 Crispy Chicken Sandwich	18 Penne w/ Meat Sauce	19 BBQ Drumstick w/ Cornbread	20 Chicken & Rice Burrito
23 	24	25	26	27 
CDC's are Closed Monday 12/23/24 - Monday 1/1/25 for Winter Break				
30 CDC's will be open on Thurs. 1/2 and Fri. 1/3 and then are closed on Monday 1/6 for Staff Training.	31		 <p>For their vegetables, CDC students will receive carrots or a mixed green salad.</p>	

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December 2024

K-8 Cooking and Finishing Lunch Menu

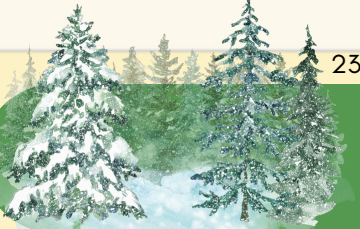
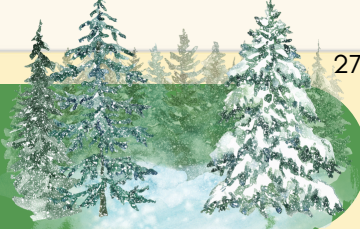
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Turkey Pepperoni Pizza Cheese Pizza	3 Crispy Chicken Sandwich Lasagna Rollup w/ Roll	4 Hot Dog Veggie "Chicken" Sandwich	5 BBQ Drumstick w/ Cornbread Veggie "Chicken" Tenders w/ Corn Bread	6 Teriyaki Chicken & Rice Bowl Veggie Rice Bowl
9 Turkey Pepperoni Pizza Cheese Pizza	10 Hamburger Grilled Cheese	11 Chicken & Waffles Mac & Cheese w/ Roll	12 Honey Sriacha Drumstick w/ Cornbread Veggie "Chicken" Tenders w/ Corn Bread	13 Beef Taco Bowl w/ Rice Bean & Rice Burrito (Vegan)
16 Turkey Pepperoni Pizza Cheese Pizza	17 Crispy Chicken Sandwich Lasagna Rollup w/ Roll	18 Penne Pasta w/ Meat Sauce Veggie "Chicken" Sandwich	19 BBQ Drumstick w/ Cornbread Veggie "Chicken" Tenders w/ Corn Bread	20 Teriyaki Chicken & Rice Bowl Veggie Rice Bowl
23 	24	25	26	27 
30 Students Return to School on Tuesday 1/7/2025	31			

Schools are Closed 12/23-1/6
Winter Break

Each day students will be given a variety of the following on the Produce Bar: Carrots, Red Apples, Edamame, **HOTM Kale**, Oranges, Mandarin Tangerines, Cucumbers, Romaine, Pears, and Corn

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Harvest of the Month: Kale

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Menu Subject to change



December 2024

Secondary Satellite Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Pepperoni Pizza ² Cheese Pizza Hot Dog Turkey & Cheese Sandwich	Crispy Chicken Sandwich ³ Grilled Cheese Turkey & Cheese Sandwich	Chicken Caesar Salad ⁴ Hot Dog Veggie "Chicken" Burger Turkey & Cheese Sandwich	Southwest Chicken Salad ⁵ Turkey & Cheese Sandwich BBQ Drumstick w/Cornbread Veggie "Chicken" Tenders w/ Corn Bread	Teriyaki Chicken & Rice Bowl Veggie Rice Bowl Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ⁹ Cheese Pizza Hot Dog Turkey & Cheese Sandwich	Hamburger ¹⁰ Lasagna Rollup w/ Roll Turkey & Cheese Sandwich	Chicken & Waffles ¹¹ Mac & Cheese w/ Roll Turkey & Cheese Sandwich Chicken Caesar Salad	Southwest Chicken Salad ¹² Turkey & Cheese Sandwich Honey Sriracha Drumstick w/Cornbread Veggie "Chicken" Tenders w/ Corn Bread	Beef Taco Bowl w/ Rice ¹³ Bean & Rice Burrito (Vegan) Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ¹⁶ Cheese Pizza Hot Dog Turkey & Cheese Sandwich	Crispy Chicken Sandwich ¹⁷ Lasagna Rollup w/ Roll Turkey & Cheese Sandwich	Chicken Caesar Salad ¹⁸ Penne Pasta w/ Meat Sauce Veggie "Chicken" Burger Turkey & Cheese Sandwich	Veggie "Chicken" Tenders ¹⁹ w/ Corn Bread Turkey & Cheese Sandwich BBQ Drumstick w/Cornbread Southwest Chicken Salad	Burrito Chicken & Rice ²⁰ Bean & Rice Burrito (Vegan) Turkey & Cheese Sandwich Chef Salad w/ Romaine
 23	24	25	26	 27
<h3>Schools are Closed 12/23-1/6</h3> <h3>Winter Break</h3>				
 30	31			
<h3>Students Return to School on Tuesday 1/7/2025</h3>			 <p>Each day students will be given a variety of the following on the Produce Bar: Carrots, Red Apples, Edamame, HOTM Kale, Oranges, Mandarin Tangerines, Cucumbers, Romaine, Pears, and Corn</p>	

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December 2024

Secondary Cooking Lunch Menu

December's HOTM is Kale

MONDAY

Turkey Pepperoni Pizza ²
 Cheese Pizza
 Hot Dog
 Turkey & Cheese Sandwich

Turkey Pepperoni Pizza ⁹
 Cheese Pizza
 Hot Dog
 Turkey & Cheese Sandwich

Turkey Pepperoni Pizza ¹⁶
 Cheese Pizza
 Hot Dog
 Turkey & Cheese Sandwich

TUESDAY

Crispy Chicken Sandwich ³
 Lasagna Rollup w/ Roll
 Tuna Salad Sandwich
 Chicken Caesar Salad

Hamburger ¹⁰
 Grilled Cheese
 Chicken Salad Sandwich
 Chicken Caesar Salad

Crispy Chicken Sandwich ¹⁷
 Lasagna Rollup w/ Roll
 Tuna Salad Sandwich
 Chicken Caesar Salad

WEDNESDAY

Chicken Caesar Salad ⁴
 Hot Dog
 Veggie "Chicken" Burger
 Turkey & Cheese Sandwich

Chicken & Waffles ¹¹
 Mac & Cheese w/ Roll
 Turkey & Cheese Sandwich
 Chef Salad w/ Romaine

Chef Salad w/ Romaine ¹⁸
 Penne Pasta w/ Meat Sauce
 Veggie "Chicken" Burger
 Turkey & Cheese Sandwich

THURSDAY

Southwest Chicken Salad ⁵
 Tuna Salad Sandwich
 Honey Sriracha Drumstick w/ Cornbread
 Veggie "Chicken" Tenders w/ Corn Bread

Southwest Chicken Salad ¹²
 Chicken Salad Sandwich
 Honey Sriracha Drumstick w/ Cornbread
 Veggie "Chicken" Tenders w/ Corn Bread

Veggie "Chicken" Tenders ¹⁹
 w/ Corn Bread
 Tuna Salad Sandwich
 Honey Sriracha Drumstick w/ Cornbread
 Southwest Chicken Salad

FRIDAY

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

Beef Taco Bowl w/ Rice ¹³
 Bean & Rice Burrito (Vegan)
 Turkey & Cheese Sandwich
 Chef Salad w/ Romaine

Teriyaki Chicken & Rice Bowl ²⁰
 Veggie Fried Rice Bowl
 Turkey & Cheese Sandwich
 Chef Salad w/ Romaine

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Winter Break

Students Return to School on
Tuesday 1/7/2025

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December 2024

Secondary Finishing Lunch Menu

December's HOTM is Kale

MONDAY

Turkey Pepperoni Pizza ²
Cheese Pizza
Hot Dog
Turkey & Cheese Sandwich

TUESDAY

Crispy Chicken Sandwich ³
Lasagna Rollup w/ Roll
Tuna Salad Sandwich

WEDNESDAY

Chicken Caesar Salad ⁴
Hot Dog
Veggie "Chicken" Burger
Turkey & Cheese Sandwich

THURSDAY

Southwest Chicken Salad ⁵
Tuna Salad Sandwich
Honey Sriracha Wings w/ Cornbread
Veggie "Chicken" Tenders w/ Corn Bread

FRIDAY

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

Turkey Pepperoni Pizza ⁹
Cheese Pizza
Hot Dog
Turkey & Cheese Sandwich

Hamburger ¹⁰
Grilled Cheese
Chicken Salad Sandwich

Chicken & Waffles ¹¹
Mac & Cheese w/ Roll
Turkey & Cheese Sandwich
Chicken Caesar Salad

Southwest Chicken Salad ¹²
Chicken Salad Sandwich
Honey Sriracha Drumstick w/ Cornbread
Veggie "Chicken" Tenders w/ Corn Bread

Beef Taco Bowl w/ Rice ¹³
Bean & Rice Burrito (Vegan)
Turkey & Cheese Sandwich
Chef Salad w/ Romaine

Turkey Pepperoni Pizza ¹⁶
Cheese Pizza
Hot Dog
Turkey & Cheese Sandwich

Crispy Chicken Sandwich ¹⁷
Lasagna Rollup w/ Roll
Tuna Salad Sandwich

Chicken Caesar Salad ¹⁸
Penne Pasta w/ Meat Sauce
Veggie "Chicken" Burger
Turkey & Cheese Sandwich

Veggie "Chicken" Tenders ¹⁹ w/ Corn Bread
Tuna Salad Sandwich
Honey Sriracha Wings w/ Cornbread
Southwest Chicken Salad

Teriyaki Chicken & Rice Bowl ²⁰
Veggie Fried Rice Bowl
Turkey & Cheese Sandwich
Chef Salad w/ Romaine

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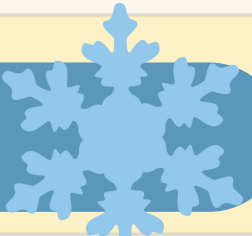



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December 2024 K-12 Supper Menu


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Jack Links Chicken Bites, String Cheese, Dried Fruit, Cheez-it Crackers, 100% Juice, Milk	3	Turkey & Cheese Sandwich, Apples and Cinnamon Fruit Cup, 100% Juice, Milk	4	Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk	5	Turkey Pepperoni Pizza Kit, Pineapple Fruit Cup, Mini Carrots, Milk	6	Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk
9	Italian Combo Sandwich, Apple & Cinnamon Fruit Cup 100% Juice, Milk	10	Jack Links Chicken Bites, String Cheese, Sliced Apples Cheez-it Crackers, 100% Juice, Milk	11	Tortilla Chips, Cheese Sauce Cup, Mini Carrots, 100% Juice, Milk	12	Cocoa Hummus Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, 100% Juice, Milk	13	Honey Cranberry Trail Mix, Doritos Cool Ranch Chips, Colby Cheese Cubes, 100% Juice, Milk
16	Turkey & Cheese Sandwich, Sliced Apples, 100% Juice, Milk	17	Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Carrots, Milk	18	Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt, Apples and Cinnamon Fruit Cup, 100% Juice, Milk	19	Turkey Pepperoni Pizza Kit, Pineapple Fruit Cup, Mini Carrots, Milk	20	Delicious Snack Spread, Fritos Corn Chips®, Sliced Apples, 100% Juice, Milk
23	<div>  <div> <h2>OUSD Schools are Closed Monday 12/23-Monday 1/6 for Winter Break</h2> </div>  </div>								27
30	<div> <div> <h3>Students Return to School on Tuesday 1/7/2025</h3> </div> <div> <p>Worried about being bored at home over break? Try activities like building an obstacle course, growing plants, doing puzzles, playing board games, creating art projects, learning a new skill through online tutorials, reading books, writing stories, practicing a musical instrument, or engaging in creative play with toys and household items.</p>  </div> </div>								

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December Fun and Interesting Facts



 *Menu Subject to change* "This institution is an equal opportunity provider."





Incredible  **Menu Subject to change**



December 2024

OUSD CDC Snack Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
<div>  <div> CDC's are Closed 12/23/2024 - 1/1/2025 for Winter Break </div>  </div>				
<div> <div> CDC's will be open on Thurs. 1/2 and Fri. 1/3 and then are closed on Monday 1/6 for Staff Training. </div>  </div>				
<div>  <div> Holidays can be difficult for 2-4-year-olds because they often involve disruptions to their usual routine, sensory overload from bright lights and loud noises, unfamiliar faces and environments, and a lack of structure, which can lead to anxiety and behavioral challenges. Try to manage this by offering familiar comfort toys, shorter visits or outings when possible, creating quiet spaces, and maintaining as much routine as possible. </div> </div>				

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Grain Rich



- December Fun and Interesting Facts**
- December 8th is Bodhi Day in the Buddhist Calendar celebrating Buddha's enlightenment. People celebrate this holiday in different ways.
 - On December 13 watch the sky after 9 pm for a glimpse of the Geminid Meteors. This shower is one of the most active of the year.
 - December 15th is the Full Cold Moon or the Long Night Moon. This is because the moon shines above the horizon longer than most full moons.
 - December 21st is the Winter Solstice, the day with the fewest hours of sunlight throughout the year, making it the "shortest day" of the year.



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