

January 29th is Lunar New Year - 2025 is the year of the Snake





We use Foods that are Whole Grain Rich



1% & Nonfat Milk are available every day






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>Each day students will be given a choice of two of the following Fruits:</p> <p>Red Apples, Oranges, Mandarin Tangerines, Pears, and Dried Cranberries</p>  </div>		<div>  </div>		<div> <p>OUSD Students will return to school on Tuesday 1/7/25</p> </div>
<div>  <p>Teacher PD Day</p> <p>No School</p> </div>				
<div>  <p>MLK Jr. Holiday</p> <p>No School</p> </div>				

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

Fun Family things to do in January

- 1/4 **View** Art at the Oakland Museum. The first Sunday of the month is **Free** to all. Ages 18 and under are also **Free** on Fridays from 5-9pm.
- 1/20 **Participate** in the **MLK Day of Service** in Oakland. There are a lot of different projects across the city. Scan the QR code for more info.
- Play** Winter Bingo with the Oakland Library. Each Bingo card suggests 25 engaging activities to enjoy during the holiday or beyond. Complete any 5 activities in a row and receive a Free Book. **Winter Bingo ends on 1/21**. Scan the QR code to find out more information.



Menu Subject to change

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Each day students will be given a choice of two of the following Fruits: Red Apples, Oranges, Pears, and HOTM Mandarin Tangerines</div> <div>  </div>		<div>  </div>		<div> <div> OUSD Students will return to school on Tuesday 1/7/25 </div> </div>
<div> <div>Teacher PD Day</div> <div>  </div> <div>No School</div> </div>				
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January 2025

January's Flower is Carnations

Child Development Center Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Each day students will be given a choice of two of the following Fruits:
Red Apples, Oranges, Pears, and
HOTM Mandarin Tangerines



Happy New Year

Apple Muffin

Strawberry Banana
Yogurt

Teacher PD Day

No School

Cereal

Banana Muffin

Cereal

Strawberry Banana
Yogurt

Cereal

Bagel
w/ Cream Cheese

Maple Waffle

Apple Muffin

Strawberry Banana
Yogurt

MLK Jr. Holiday

No School

Cereal

Banana Muffin

Cereal

Strawberry Banana
Yogurt

Cereal

Bagel
w/ Cream Cheese

Maple Waffle

Apple Muffin

Strawberry Banana
Yogurt

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>Each day students will be given a choice of two of the following Fruits: Red Apples, Dried Cranberries, Pears, HOTM Mandarin Tangerines, & Oranges</p>  </div>		<div> <p>1</p>  </div>	<div> <p>2</p> </div>	<div> <p>3</p> <p>OUSD Students will return to school on Tuesday 1/7/25</p> </div>
<div> <p>6</p> <p>Teacher PD Day</p>  <p>No School</p> </div>	<div> <p>7</p> <p>Yogurt Parfait</p> <p>Cereal</p> </div>	<div> <p>8</p> <p>Cereal</p> <p>Banana Muffin</p> </div>	<div> <p>9</p> <p>French Toast Sticks</p> <p>Cereal</p> </div>	<div> <p>10</p> <p>Cereal</p> <p>Cinnamon Roll</p> </div>
<div> <p>13</p> <p>Mini Maple Pancakes</p> <p>Cereal</p> </div>	<div> <p>14</p> <p>Bagel w/ Cream Cheese</p> <p>Cereal</p> </div>	<div> <p>15</p> <p>Cereal</p> <p>Maple Waffle</p> </div>	<div> <p>16</p> <p>Blueberry Muffin</p> <p>Cereal</p> </div>	<div> <p>17</p> <p>Cereal</p> <p>Concha</p> </div>
<div> <p>20</p> <p>MLK Jr. Holiday</p>  <p>No School</p> </div>	<div> <p>21</p> <p>Yogurt Parfait</p> <p>Cereal</p> </div>	<div> <p>22</p> <p>Cereal</p> <p>Banana Muffin</p> </div>	<div> <p>23</p> <p>French Toast Sticks</p> <p>Cereal</p> </div>	<div> <p>24</p> <p>Cereal</p> <p>Cinnamon Roll</p> </div>
<div> <p>27</p> <p>Mini Maple Pancakes</p> <p>Cereal</p> </div>	<div> <p>28</p> <p>Bagel w/ Cream Cheese</p> <p>Cereal</p> </div>	<div> <p>29</p> <p>Cereal</p> <p>Maple Waffle</p> </div>	<div> <p>30</p> <p>Blueberry Muffin</p> <p>Cereal</p> </div>	<div> <p>31</p> <p>Cereal</p> <p>Concha</p> </div>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>Each day students will be given a choice of the following on the Produce Bar:</p> <p>Red Apples, Kale/Romaine Mix, Pears, Radishes, HOTM Mandarin Tangerines, Corn, Cucumbers, Edamame & Peaches</p>  </div>		<div> <p>1</p>  </div>	<div> <p>2</p> </div>	<div> <p>3</p> <p>OUSD Students will return to school on Tuesday 1/7/25</p> </div>
<div> <p>6</p> <p>Teacher PD Day</p>  <p>No School</p> </div>	<div> <p>7</p> <p>Turkey Pepperoni Pizza</p> <p>Cheese Pizza</p> </div>	<div> <p>8</p> <p>Chicken & Waffles</p> <p>Grilled Cheese</p> </div>	<div> <p>9</p> <p>Mini Hamburgers</p> <p>Chix (Veggie) Tenders w/ Corn Bread</p> </div>	<div> <p>10</p> <p>Chicken & Rice Burrito</p> <p>Bean & Rice Burrito (Vegan)</p> </div>
<div> <p>13</p> <p>Turkey Pepperoni Pizza</p> <p>Cheese Pizza</p> </div>	<div> <p>14</p> <p>Crispy Chicken Sandwich</p> <p>Lasagna w/ a Roll</p> </div>	<div> <p>15</p> <p>Penne w/ Meat Sauce</p> <p>Veggie Chicken Burger</p> </div>	<div> <p>16</p> <p>BBQ Drumstick w/ Corn Bread</p> <p>Chix (Veggie) Tenders w/ Corn Bread</p> </div>	<div> <p>17</p> <p>Teriyaki Chicken Rice Bowl</p> <p>Veggie Rice Bowl</p> </div>
<div> <p>20</p> <p>MLK Jr. Holiday</p>  <p>No School</p> </div>	<div> <p>21</p> <p>Turkey Pepperoni Pizza</p> <p>Cheese Pizza</p> </div>	<div> <p>22</p> <p>Chicken & Waffles</p> <p>Grilled Cheese</p> </div>	<div> <p>23</p> <p>Hot Dog</p> <p>Chix (Veggie) Tenders w/ Corn Bread</p> </div>	<div> <p>24</p> <p>Beef Taco Bowl with Rice</p> <p>Bean & Rice Burrito (Vegan)</p> </div>
<div> <p>27</p> <p>Turkey Pepperoni Pizza</p> <p>Cheese Pizza</p> </div>	<div> <p>28</p> <p>Crispy Chicken Sandwich</p> <p>Lasagna w/ a Roll</p> </div>	<div> <p>29</p> <p>Penne w/ Meat Sauce</p> <p>Veggie Chicken Burger</p> </div>	<div> <p>30</p> <p>BBQ Drumstick w/ Corn Bread</p> <p>Chix (Veggie) Tenders w/ Corn Bread</p> </div>	<div> <p>31</p> <p>Teriyaki Chicken Rice Bowl</p> <p>Veggie Rice Bowl</p> </div>






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January HOTM Mandarin Tangerines

Mandarin Tangerines have a tantalizing flavor and contribute to your overall well being. These small but mighty fruits like other members of the citrus family, are high in Vitamin C. Vitamin C helps to prevent infections and keeps the immune system functioning properly to help prevent you from getting sick. One Mandarin Orange can provide over half the daily recommendation of Vitamin C. They also contain Vitamin A which helps with healthy vision. Mandarins also contain fiber to keep your cholesterol in check and potassium to lower blood pressure.

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Menu Subject to change



January 2025

K-8 Cooking and Finishing Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Each day students will be given a choice of the following on the Produce Bar:

Red Apples, Kale/Romaine Mix, Pears, Radishes, HOTM Mandarin Tangerines, Corn, Cucumbers, Edamame & Peaches



Happy New Year

OUSD Students will return to school on Tuesday 1/7/25

Teacher PD Day



No School

Turkey Pepperoni Pizza
Cheese Pizza

Chicken & Waffles
Mac & Cheese w/ Roll

Honey Sriracha Drumstick w/ Corn Bread
Chix (Veggie) Tenders w/ Corn Bread

Beef Taco Bowl with Rice
Bean & Rice Burrito (Vegan)

Turkey Pepperoni Pizza
Cheese Pizza

Crispy Chicken Sandwich
Lasagna w/ a Roll

Penne w/ Meat Sauce
Veggie Chicken Burger

BBQ Drumstick w/ Corn Bread
Chix (Veggie) Tenders w/ Corn Bread

Teriyaki Chicken Rice Bowl
Veggie Rice Bowl

MLK Jr. Holiday



No School

Turkey Pepperoni Pizza
Cheese Pizza

Chicken & Waffles
Mac & Cheese w/ Roll

Honey Sriracha Drumstick w/ Corn Bread
Chix (Veggie) Tenders w/ Corn Bread

Beef Taco Bowl with Rice
Bean & Rice Burrito (Vegan)

Turkey Pepperoni Pizza
Cheese Pizza

Crispy Chicken Sandwich
Lasagna w/ a Roll

Penne w/ Meat Sauce
Veggie Chicken Burger

BBQ Drumstick w/ Corn Bread
Chix (Veggie) Tenders w/ Corn Bread

Teriyaki Chicken Rice Bowl
Veggie Rice Bowl

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Menu Subject to change

January 2025

MLK Jr. Holiday



No School

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January 2025

Secondary Satellite Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Each day students will be given a choice of the following on the Produce Bar:

Red Apples, Kale/Romaine Mix, Pears, Radishes,
HOTM Mandarin Tangerines, Corn, Cucumbers,
Edamame & Peaches



Happy
New Year

OUSD Students will return
to school on Tuesday
1/7/25

Teacher PD Day



No School

Turkey Pepperoni Pizza
Cheese Pizza
Hot Dog
Turkey & Cheese Sandwich

Turkey Pepperoni Pizza
Cheese Pizza
Turkey & Cheese Sandwich

Chicken & Waffles
Grilled Cheese Sandwich
Turkey & Cheese Sandwich
Chicken Caesar Salad

Chix (Veggie) Tenders & Corn Bread
Mini Twin Burgers
Turkey & Cheese Sandwich
Southwest Chicken Taco Salad

Chicken & Rice Burrito
Bean & Rice Burrito (Vegan)
Turkey & Cheese Sandwich
Chef Salad w/ Romaine

Turkey Pepperoni Pizza
Cheese Pizza
Hot Dog
Turkey & Cheese Sandwich

Crispy Chicken Sandwich
Lasagna w/ a Roll
Turkey & Cheese Sandwich

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

Chix (Veggie) Tenders & Corn Bread
BBQ Drumstick w/ Corn Bread
Turkey & Cheese Sandwich
Southwest Chicken Taco Salad

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

MLK Jr. Holiday



No School

Turkey Pepperoni Pizza
Cheese Pizza
Hot Dog
Turkey & Cheese Sandwich

Turkey Pepperoni Pizza
Cheese Pizza
Turkey & Cheese Sandwich

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

Chix (Veggie) Tenders & Corn Bread
Hot Dog
Turkey & Cheese Sandwich
Southwest Chicken Taco Salad

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

Turkey Pepperoni Pizza
Cheese Pizza
Hot Dog
Turkey & Cheese Sandwich

Crispy Chicken Sandwich
Lasagna w/ a Roll
Turkey & Cheese Sandwich

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

Chix (Veggie) Tenders & Corn Bread
BBQ Drumstick w/ Corn Bread
Turkey & Cheese Sandwich
Southwest Chicken Taco Salad

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

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Menu Subject to change



January 2025

Secondary Finishing Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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HOTM Mandarin Tangerines, Corn, Cucumbers,
Edamame & Peaches



Happy
New Year

OUSD Students will return
to school on Tuesday
1/7/25

Teacher PD Day



No School

Turkey Pepperoni Pizza 13
Cheese Pizza
Hot Dog
Turkey & Cheese Sandwich

Turkey Pepperoni Pizza 7
Cheese Pizza
Chicken Salad Sandwich

Chicken & Waffles 8
Mac & Cheese w/ Roll
Turkey & Cheese Sandwich
Chicken Ceasar Salad

Chix (Veggie) Tenders & Corn Bread 9
Honey Sriracha Wings w/ Cornbread
Chicken Salad Sandwich
Southwest Chicken Taco Salad

Beef Taco Rice Bowl 10
Bean & Rice Burrito (Vegan)
Turkey & Cheese Sandwich
Chef Salad w/ Romaine

MLK Jr. Holiday
No School

Turkey Pepperoni Pizza 27
Cheese Pizza
Hot Dog
Turkey & Cheese Sandwich

Turkey Pepperoni Pizza 21
Cheese Pizza
Chicken Salad Sandwich

Chicken & Waffles 22
Mac & Cheese w/ Roll
Turkey & Cheese Sandwich
Chicken Ceasar Salad

Chix (Veggie) Tenders & Corn Bread 23
Hot Dog
Chicken Salad Sandwich
Southwest Chicken Taco Salad

Beef Taco Rice Bowl 24
Bean & Rice Burrito (Vegan)
Turkey & Cheese Sandwich
Chef Salad w/ Romaine

Crispy Chicken Sandwich 28
Lasagna w/ a Roll
Tuna Salad Sandwich

Penne w/ Meat Sauce 29
Veggie Chicken Burger
Turkey & Cheese Sandwich
Chicken Ceasar Salad

Chix (Veggie) Tenders & Corn Bread 30
BBQ Drumstick w/ Corn Bread
Tuna Salad Sandwich
Southwest Chicken Taco Salad

Teriyaki Chicken Rice Bowl 31
Veggie Rice Bowl
Turkey & Cheese Sandwich
Chef Salad w/ Romaine

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<p>Turkey Pepperoni Pizza</p> <p>Cheese Pizza</p> <p>Hot Dog</p> <p>Turkey & Cheese Sandwich</p>	<p>Turkey Pepperoni Pizza</p> <p>Cheese Pizza</p> <p>Chicken Salad Sandwich</p> <p>Chicken Ceasar Salad</p>	<p>Chicken & Waffles</p> <p>Mac & Cheese w/ Roll</p> <p>Turkey & Cheese Sandwich</p> <p>Chef Salad w/ Romaine</p>	<p>Chix (Veggie) Tenders w/ Corn Bread</p> <p>Honey Sriracha Wings w/ Corn Bread</p> <p>Turkey & Cheese Sandwich</p> <p>Southwest Chicken Taco Salad</p> <p>Chix (Veggie) Tenders w/ Corn Bread</p> <p>Honey Sriracha Wings w/ Corn Bread</p> <p>Tuna Salad Sandwich</p> <p>Southwest Chicken Taco Salad</p>	<p>Beef Taco Rice Bowl</p> <p>Bean & Rice Burrito (Vegan)</p> <p>Turkey & Cheese Sandwich</p> <p>Chef Salad w/ Romaine</p> <p>Teriyaki Chicken Rice Bowl</p> <p>Veggie Rice Bowl</p> <p>Turkey & Cheese Sandwich</p> <p>Chef Salad w/ Romaine</p>
<p>MLK Jr. Holiday</p>  <p>No School</p>				
<p>Turkey Pepperoni Pizza</p> <p>Cheese Pizza</p> <p>Hot Dog</p> <p>Turkey & Cheese Sandwich</p>	<p>Turkey Pepperoni Pizza</p> <p>Cheese Pizza</p> <p>Chicken Salad Sandwich</p> <p>Chicken Ceasar Salad</p>	<p>Chicken & Waffles</p> <p>Mac & Cheese w/ Roll</p> <p>Turkey & Cheese Sandwich</p> <p>Chef Salad w/ Romaine</p>	<p>Chix (Veggie) Tenders & Corn Bread</p> <p>Hot Dog</p> <p>Chicken Salad Sandwich</p> <p>Southwest Chicken Taco Salad</p>	<p>Beef Taco Rice Bowl</p> <p>Bean & Rice Burrito (Vegan)</p> <p>Turkey & Cheese Sandwich</p> <p>Chef Salad w/ Romaine</p> <p>Teriyaki Chicken Rice Bowl</p> <p>Veggie Rice Bowl</p> <p>Turkey & Cheese Sandwich</p> <p>Chef Salad w/ Romaine</p>
<p>Turkey Pepperoni Pizza</p> <p>Cheese Pizza</p> <p>Hot Dog</p> <p>Turkey & Cheese Sandwich</p>	<p>Crispy Chicken Sandwich</p> <p>Lasagna w/ a Roll</p> <p>Tuna Salad Sandwich</p> <p>Chicken Ceasar Salad</p>	<p>Penne w/ Meat Sauce</p> <p>Veggie Chicken Burger</p> <p>Turkey & Cheese Sandwich</p> <p>Chef Salad w/ Romaine</p>	<p>Chix (Veggie) Tenders w/ Corn Bread</p> <p>Honey Sriracha Wings w/ Corn Bread</p> <p>Tuna Salad Sandwich</p> <p>Southwest Chicken Taco Salad</p>	<p>Teriyaki Chicken Rice Bowl</p> <p>Veggie Rice Bowl</p> <p>Turkey & Cheese Sandwich</p> <p>Chef Salad w/ Romaine</p>



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January HOTM Mandarin Tangerines

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2025

January 2025
K-12 Supper Menu

2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Possible New Year Resolutions for Students

- 1) Create a Study Routine, 2) Try Something New this Year, 3) Learn but not just for Grades, 4) No Procrastination anymore 5) Adopt Healthier Eating Habits 6) Take Care of Your Mental Health **Which one of these will you focus on?**



3
OUSD Students will return
to school on Tuesday
1/7/25

Teacher PD Day


No School

13
Turkey & Cheese Sandwich,
Sliced Apples, 100% Juice,
Milk

MLK Jr. Holiday


No School

27
Turkey & Cheese Sandwich,
Sliced Apples, 100% Juice,
Milk

7
Jack Links Chicken Bites,
String Cheese, Sliced Apples
Cheez-it® Crackers,
100% Juice, Milk

14
Sweet Heat Trail Mix,
Nacho Cheese Doritos®,
String Cheese, Carrots,
Milk

21
Jack Links Chicken Bites,
String Cheese, Sliced Apples
Cheez-it® Crackers,
100% Juice, Milk

28
Sweet Heat Trail Mix,
Nacho Cheese Doritos®,
String Cheese, Carrots,
Milk

8
Tortilla Chips, Cheese
Sauce Cup, Mini
Carrots, 100% Juice,
Milk

15
Wheat Crackers,
Colby Cheese Cubes,
Strawberry Banana Yogurt,
Apples & Cinnamon Fruit Cup
100% Juice, Milk

22
Tortilla Chips, Cheese
Sauce Cup, Mini
Carrots, 100% Juice,
Milk

29
Wheat Crackers,
Colby Cheese Cubes,
Strawberry Banana Yogurt,
Apples & Cinnamon Fruit Cup
100% Juice, Milk

9
Cocoa Hummus Sandwich,
Honey Roasted
Sunflower Seeds,
Celery Sticks, Ranch Dressing
100% Juice, Milk

16
Turkey Pepperoni Pizza Kit,
Pineapple Fruit Cup,
Mini Carrots, Milk

23
Cocoa Hummus Sandwich,
Honey Roasted
Sunflower Seeds,
Celery Sticks, Ranch Dressing
100% Juice, Milk

30
Turkey Pepperoni Pizza Kit,
Pineapple Fruit Cup,
Mini Carrots, Milk

10
Honey Cranberry Trail Mix,
Doritos® Cool Ranch Chips,
Colby Cheese Cubes,
100% Juice, Milk

17
Delicious Snack Spread,
Fritos Corn Chips®,
Sliced Apples, 100% Juice,
Milk

24
Honey Cranberry Trail Mix,
Doritos® Cool Ranch Chips,
Colby Cheese Cubes,
100% Juice, Milk

31
Delicious Snack Spread,
Fritos Corn Chips®,
Sliced Apples, 100% Juice,
Milk

January Fun Facts

- January is the first month of the year and is also the coldest month. Oakland is usually 50-60 degrees but in 1949 it was 25 degrees in January!
- People celebrate the New Year in different ways. Some people eat black eyed peas for good luck while other people will celebrate by making Tamales.
- On January 4th Earth will reach perihelion which is the point where the planet's orbit is closest to the Sun. We will be 91,405,993 miles from the Sun.
- January 13th Go outside and check out the full moon or Wolf Moon. We think it's called this because wolves were more likely to howl during the full moon.
- January 29th is the Lunar New Year or Spring Festival is celebrated all over the world. It's traditional to serve long noodles to symbolize long life.

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Menu Subject to change

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We use Foods
that are Whole
Grain Rich



2025

January 2025
CDC Snack Menu

2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Start Getting Ready for Kinder and TK Now

Get your child ready for Kinder by helping them be more independent at home, focus on self help skills, develop a consistent routine, talk to your child about how they are feeling about a school change. Also talk to your child's teacher to see what academic skills you might need to focus on before the Fall.

Teacher PD Day

**No School**Cracker
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MLK Jr. Holiday

**No School**Cracker
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Fruit**January Fun Facts**

- January is the first month of the year and is also the coldest month. Oakland is usually 50-60 degrees but in 1949 it was 25 degrees in January!
- People celebrate the New Year in different ways. Some people eat black eyed peas for good luck while other people will celebrate by making Tamales.
- On January 4th Earth will reach perihelion which is the point where the planet's orbit is closest to the Sun. We will be 91,405,993 miles from the Sun.
- January 13th Go outside and check out the full moon or Wolf Moon. We think it's called this because wolves were more likely to howl during the full moon.
- January 29th is the Lunar New Year or Spring Festival is celebrated all over the world. It's traditional to serve long noodles to symbolize long life.

"This institution is an equal opportunity provider."

Menu Subject to changeFor More Nutritional Information and to View Menus: www.ousd.org/nutritionWe use Foods
that are Whole
Grain RichOAKLAND
incredible
years