

February 2025

K-12 Satellite & Finishing Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Cinnamon Toast Crunch	4 Oatmeal Cranberry Granola Bake	5 Golden Grahams Cereal	6 Blueberry Muffin	7 Cinnamon Roll
10 Honey Bunches of Oats Cereal	11 Blueberry Yogurt	12 Honey Cheerios	13 Apple Frudel	14 Oatmeal Cranberry Granola Bake
17 	18 Strawberry Yogurt	19 Golden Grahams Cereal	20 Blueberry Muffin	21 Cinnamon Roll
24 Honey Bunches of Oats Cereal	25 Blueberry Yogurt	26 Honey Cheerios	27 Apple Frudel	28 Oatmeal Cranberry Granola Bake

NEW

Check out our new Breakfast Kits! All the **Bolded Items** are new! Each Kit comes with an Entree, 100% Juice Pouch, and Crackers.

At Breakfast Students will choose between 2 of the following: Apples, Oranges, Tangerines, Pears, and Mixzees Dried Fruit packs.

Use the QR Code below to submit your art by the **2/28 Deadline** If you have any questions or need help submitting email Diego.Davis@ousd.org

OUSD Earth Month Art and Media Contest

There is Art and Media Contest happening this month. The theme is: Love Your Earth. Show your creativity and passion for the planet! Express how we can reduce waste, protect resources, and cherish our environment. Let your art inspire you and others to LOVE and CARE for our Earth. Share your art. Drawing, video, spoken word, sculpture and more can be used to capture your vision, it just needs to be in a format that can be digitally shared. For tips and best practices check out the tips page.

Menu Subject to change

"This institution is an equal opportunity provider."

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



February 2025

Elementary Cooking Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
**Cinnamon Toast
Crunch**

4
**Oatmeal Cranberry
Granola Bake**

5
**Golden Grahams
Cereal**

6
Blueberry Muffin

7
Cinnamon Roll

10
**Honey Bunches
of Oats Cereal**

11
Blueberry Yogurt

12
Honey Cheerios

13
Apple Muffin

14
**Oatmeal Cranberry
Granola Bake**



18
Strawberry Yogurt

19
**Golden Grahams
Cereal**

20
Blueberry Muffin

21
Cinnamon Roll

24
**Honey Bunches
of Oats Cereal**

25
Blueberry Yogurt

26
Honey Cheerios

27
Apple Muffin

28
**Oatmeal Cranberry
Granola Bake**

NEW

Check out our new Breakfast Kits! All the **Bolded Items** are new! Each Kit comes with an Entree, 100% Juice Pouch, and Crackers.

At Breakfast Students will choose between 2 of the following: Apples, Oranges, Tangerines, Pears, and Mixzees Dried Fruit packs.

Use the QR Code below to submit your art by the **2/28 Deadline** If you have any questions or need help submitting email Diego.Davis@ousd.org

OUSD Earth Month Art and Media Contest

There is Art and Media Contest happening this month. The theme is: Love Your Earth. Show your creativity and passion for the planet! Express how we can reduce waste, protect resources, and cherish our environment. Let your art inspire you and others to LOVE and CARE for our Earth. Share your art. Drawing, video, spoken word, sculpture and more can be used to capture your vision, it just needs to be in a format that can be digitally shared. For tips and best practices check out the tips page.

Menu Subject to change

"This institution is an equal opportunity provider."

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



February 2025

Secondary Cooking Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Cereal Apple Frudel	4 Yogurt Parfait Cereal	5 Cereal Banana Muffin	6 French Toast Sticks Cereal	7 Cereal Cinnamon Roll
10 Mini Maple Pancakes Cereal	11 Cereal Bagel w/ Cream Cheese	12 Maple Waffle Cereal	13 Cereal Blueberry Muffin	14 Concha Cereal
17 	18 Yogurt Parfait Cereal	19 Cereal Banana Muffin	20 French Toast Sticks Cereal	21 Cereal Cinnamon Roll
24 Mini Maple Pancakes Cereal	25 Cereal Bagel w/ Cream Cheese	26 Maple Waffle Cereal	27 Cereal Blueberry Muffin	28 Concha Cereal

At Breakfast Students will choose between 2 of the following: Apples, Oranges, Tangerines, Pears, and Mixzees Dried Fruit packs.

Use the QR Code below to submit your art by the **2/28 Deadline** If you have any questions or need help submitting email Diego.Davis@ousd.org

OUSD Earth Month Art and Media Contest

There is Art and Media Contest happening this month. The theme is: Love Your Earth. Show your creativity and passion for the planet! Express how we can reduce waste, protect resources, and cherish our environment. Let your art inspire you and others to LOVE and CARE for our Earth. Share your art. Drawing, video, spoken word, sculpture and more can be used to capture your vision, it just needs to be in a format that can be digitally shared. For tips and best practices check out the tips page.

Menu Subject to change

"This institution is an equal opportunity provider."

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



February 2025

Child Development Center Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Bagel (2 oz eq) with Cream Cheese	4 Cereal (1 oz eq)	5 Banana Muffin (2oz eq)	6 Cereal (1 oz eq)	7 Strawberry Banana Yogurt (1 oz eq)
10 Cereal (1 oz eq)	11 Bagel (2 oz eq) with Cream Cheese	12 Maple Waffle (2 oz eq)	13 Apple Muffin (2 oz eq)	14 Strawberry Banana Yogurt (1 oz eq)
17 	18 Cereal (1 oz eq)	19 Banana Muffin (2oz eq)	20 Cereal (1 oz eq)	21 Strawberry Banana Yogurt (1 oz eq)
24 Cereal (1 oz eq)	25 Bagel (2 oz eq) with Cream Cheese	26 Maple Waffle (2 oz eq)	27 Apple Muffin (2 oz eq)	28 Strawberry Banana Yogurt (1 oz eq)
At Breakfast Students will be offered one of the following : Apples, Oranges, Tangerines, or Cantaloupe			Use the QR Code below to submit your art by the 2/28 Deadline If you have any questions or need help submitting email Diego.Davis@ousd.org	

Bolded Foods are
Whole Grain Rich

OUSD Earth Month Art and Media Contest

There is Art and Media Contest happening this month. The theme is: Love Your Earth. Show your creativity and passion for the planet! Express how we can reduce waste, protect resources, and cherish our environment. Let your art inspire you and others to LOVE and CARE for our Earth. Share your art. Drawing, video, spoken word, sculpture and more can be used to capture your vision, it just needs to be in a format that can be digitally shared. For tips and best practices check out the tips page.

Menu Subject to change

"This institution is an equal opportunity provider."

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



1% milk (8 oz)
is available
every day



February 2025

K-8 Satellite Lunch Menu

February's HOTM is Broccoli

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div>3</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>4</div> <div>Hamburger</div> <div>Grilled Cheese</div>	<div>5</div> <div>Chicken and Waffles</div> <div>Mac and Cheese</div>	<div>6</div> <div>Honey Sriracha Drumstick w/ Cornbread</div> <div>Chix Tenders w/Cornbread</div>	<div>7</div> <div>Taco Bowl with Rice</div> <div>Bean & Green Chili Burrito (Vegan)</div>
<div>10</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>11</div> <div>Crispy Chicken Sandwich</div> <div>Lasagna w/ Roll</div>	<div>12</div> <div>Penne with Meat Sauce</div> <div>Veggie Chicken Burger</div>	<div>13</div> <div>BBQ Drumstick w/ Cornbread</div> <div>Chix Tenders w/Cornbread</div>	<div>14</div> <div>Teriyaki Chicken w/ Rice</div> <div>Veggie Rice Bowl</div>
<div>17</div> <div>No School PRESIDENT'S DAY</div>	<div>18</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>19</div> <div>Chicken and Waffles</div> <div>Mac and Cheese</div>	<div>20</div> <div>Hamburger</div> <div>Chix Tenders w/Cornbread</div>	<div>21</div> <div>Chicken & Rice Burrito</div> <div>Bean & Green Chili Burrito (Vegan)</div>
<div>24</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>25</div> <div>Crispy Chicken Sandwich</div> <div>Lasagna w/ Roll</div>	<div>26</div> <div>Penne with Meat Sauce</div> <div>Veggie Chicken Burger</div>	<div>27</div> <div>BBQ Drumstick w/ Cornbread</div> <div>Chix Tenders w/Cornbread</div>	<div>28</div> <div>Teriyaki Chicken w/ Rice</div> <div>Veggie Rice Bowl</div>
<div> <div>Daily Produce Bar Menu</div> <div>Each day students will be offered a variety of Produce from the following list:</div> <div>Red Apples, Spring Mix Lettuce, Oranges, Jicama, Tangerines, Cucumbers, Carrots, HOTM Broccoli, Edamame, and Pineapple Chunks.</div> </div>				

February's Harvest of the Month is: Broccoli

Eating Broccoli regularly has many health benefits. Broccoli's fiber and antioxidants can help lower cholesterol, maintain healthy blood pressure, and improve cardiovascular function. Broccoli also contains vitamin K, which helps activate proteins that form and strengthen bones which is important when you are growing. It is also high in Vitamin C which helps to boost your immune system and keep you healthy. This vegetable is best eaten raw to get the most nutritional benefits. Try some on your Produce bar today!

Menu Subject to change

"This institution is an equal opportunity provider."

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

We use Foods that are Whole Grain Rich

1% milk (8 oz) is available every day



February 2025

Child Development Center Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheese Pizza
(2 oz eq)

Hamburger
(Patty 2 oz eq)
(**Bun** 2 0z eq)

Mac and Cheese
(2 oz eq)
w/ **Roll** (2 oz eq)

Chix Tenders (2 oz eq)
w/ **Cornbread*** (2 oz eq)

Bean and Green Chili
(Bean 2 oz eq)
Burrito (2.25 oz eq)

Cheese Pizza
(2 oz eq)

Crispy Chicken
(Patty 2 oz eq)
Sandwich (**Bun** 3 oz eq)

Penne Pasta (2 oz eq)
w/ Meat Sauce (2 oz eq)

BBQ Drumstick (2 oz eq)
w/ **Cornbread** (2 oz eq)

Teriyaki Chicken (2 oz)
w/ Rice (2 oz) Bowl



Cheese Pizza
(2 oz eq)

Mac and Cheese
(2 oz eq)
w/ **Roll** (2 oz eq)

Hamburger
(Patty 2 oz eq)
(**Bun** 2 oz eq)

Bean and Green Chili
(Bean 2 oz eq)
Burrito (2.25 oz eq)

Cheese Pizza
(2 oz eq)

Crispy Chicken
(Patty 2 oz eq)
Sandwich (**Bun** 3 oz eq)

Penne Pasta (2 oz eq)
w/ Meat Sauce (2 oz eq)

BBQ Drumstick (2 oz eq)
w/ **Cornbread** (2 oz eq)

Teriyaki Chicken (2 oz)
w/ Rice (2 oz) Bowl

CDC Students will receive one of the following Fruit each day Red Apples, Oranges, Tangerines, or Pineapple Chunks. for their fruit. They will receive carrots or a mixed green salad each day for their vegetable.



February's Harvest of the Month is: Broccoli

Eating Broccoli regularly has many health benefits. Broccoli's fiber and antioxidants can help lower cholesterol, maintain healthy blood pressure, and improve cardiovascular function. Broccoli also contains vitamin K, which helps activate proteins that form and strengthen bones which is important when you are growing. It is also high in Vitamin C which helps to boost your immune system and keep you healthy. This vegetable is best eaten raw to get the most nutritional benefits. Try some on your Produce bar today!

"This institution is an equal opportunity provider."

Menu Subject to change

Whole Grain
Rich Foods
are Bolded.

1% milk (8 oz)
is available
every day



February 2025

K-8 Cooking & Finishing Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div>3</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>4</div> <div>Hamburger</div> <div>Grilled Cheese</div>	<div>5</div> <div>Chicken and Waffles</div> <div>Mac and Cheese</div>	<div>6</div> <div>Honey Sriracha Drumstick w/ Cornbread</div> <div>Chix* Tenders w/Cornbread</div>	<div>7</div> <div>Taco Bowl with Rice</div> <div>Bean & Green Chili Burrito (Vegan)</div>
<div>10</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>11</div> <div>Crispy Chicken Sandwich</div> <div>Lasagna w/ Roll</div>	<div>12</div> <div>Penne with Meat Sauce</div> <div>Veggie Chicken Burger</div>	<div>13</div> <div>BBQ Drumstick w/ Cornbread</div> <div>Chix* Tenders w/Cornbread</div>	<div>14</div> <div>Teriyaki Chicken w/ Rice</div> <div>Veggie Rice Bowl</div>
<div>17</div> <div>No School</div> <div>PRESIDENT'S DAY</div>	<div>18</div> <div>Hamburger</div> <div>Grilled Cheese</div>	<div>19</div> <div>Chicken and Waffles</div> <div>Mac and Cheese</div>	<div>20</div> <div>Honey Sriracha Drumstick w/ Cornbread</div> <div>Chix* Tenders w/Cornbread</div>	<div>21</div> <div>Taco Bowl with Rice</div> <div>Bean & Green Chili Burrito (Vegan)</div>
<div>24</div> <div>Turkey Pepperoni Pizza</div> <div>Cheese Pizza</div>	<div>25</div> <div>Crispy Chicken Sandwich</div> <div>Lasagna w/ Roll</div>	<div>26</div> <div>Penne with Meat Sauce</div> <div>Veggie Chicken Burger</div>	<div>27</div> <div>BBQ Drumstick w/ Cornbread</div> <div>Chix* Tenders w/Cornbread</div>	<div>28</div> <div>Teriyaki Chicken w/ Rice</div> <div>Veggie Rice Bowl</div>
		<div>Produce Bar Menu</div> <div>Each day students will be offered a variety of Produce from the following list:</div> <div>Red Apples, Spring Mix Lettuce, Oranges, Jicama, Tangerines, Cucumbers, Carrots, HOTM Broccoli, Edamame, and Pineapple Chunks.</div>		

February's Harvest of the Month is: Broccoli

Eating Broccoli regularly has many health benefits. Broccoli's fiber and antioxidants can help lower cholesterol, maintain healthy blood pressure, and improve cardiovascular function. Broccoli also contains vitamin K, which helps activate proteins that form and strengthen bones which is important when you are growing. It is also high in Vitamin C which helps to boost your immune system and keep you healthy. This vegetable is best eaten raw to get the most nutritional benefits. Try some on your Produce bar today!

Menu Subject to change

"This institution is an equal opportunity provider."



We use Foods
that are Whole
Grain Rich

1% milk (8 oz)
is available
every day



February 2025

Secondary Satellite Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Turkey Pepperoni Pizza ³ Cheese Pizza Turkey & Cheese Sandwich Hot Dog	Hamburger ⁴ Grilled Cheese Turkey & Cheese Sandwich	Chicken and Waffles ⁵ Mac and Cheese Turkey & Cheese Sandwich Chicken Caesar Salad	Chicken Taco Salad ⁶ Chix* Tenders w/Cornbread Honey Sriracha Drumstick w/ Cornbread Chicken Salad Sandwich	Taco Bowl with Rice ⁷ Bean & Green Chili Burrito Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ¹⁰ Cheese Pizza Turkey & Cheese Sandwich Hot Dog	Crispy Chicken Sandwich ¹¹ Lasagna w/ Roll Turkey & Cheese Sandwich	Penne with Meat Sauce ¹² Veggie Chicken Burger Turkey & Cheese Sandwich Chicken Caesar Salad	Turkey & Cheese Sandwich ¹³ BBQ Drumstick w/ Cornbread Chix* Tenders w/Cornbread Chicken Taco Salad	Chef Salad w/ Romaine ¹⁴ Teriyaki Chicken w/ Rice Veggie Fried Rice Bowl Turkey & Cheese Sandwich
 ¹⁷	Turkey Pepperoni Pizza ¹⁸ Cheese Pizza Turkey & Cheese Sandwich	Chicken and Waffles ¹⁹ Mac and Cheese Turkey & Cheese Sandwich Chicken Caesar Salad	Hamburger ²⁰ Grilled Cheese Turkey & Cheese Sandwich Chicken Taco Salad	Chicken & Rice Burrito ²¹ Bean & Green Chili Burrito Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ²⁴ Cheese Pizza Turkey & Cheese Sandwich Hot Dog	Crispy Chicken Sandwich ²⁵ Lasagna w/ Roll Turkey & Cheese Sandwich	Penne with Meat Sauce ²⁶ Veggie Chicken Burger Turkey & Cheese Sandwich Chicken Caesar Salad	Turkey & Cheese Sandwich ²⁷ BBQ Drumstick w/ Cornbread Chix* Tenders w/Cornbread Chicken Taco Salad	Chef Salad w/ Romaine ²⁸ Teriyaki Chicken w/ Rice Veggie Fried Rice Bowl Turkey & Cheese Sandwich
<div>  <div> Produce Bar Menu Each day students will be offered a variety of Produce from the following list: Red Apples, Spring Mix Lettuce, Oranges, Jicama, Tangerines, Cucumbers, Carrots, HOTM Broccoli, Edamame, and Pineapple Chunks. </div>  </div>				

February's Harvest of the Month is: Broccoli

Eating Broccoli regularly has many health benefits. Broccoli's fiber and antioxidants can help lower cholesterol, maintain healthy blood pressure, and improve cardiovascular function. Broccoli also contains vitamin K, which helps activate proteins that form and strengthen bones which is important when you are growing. It is also high in Vitamin C which helps to boost your immune system and keep you healthy. This vegetable is best eaten raw to get the most nutritional benefits. Try some on your Produce bar today!

"This institution is an equal opportunity provider."

Menu Subject to change

We use Foods that are Whole Grain Rich

1% milk (8 oz) is available every day



February 2025

Secondary Cooking Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Turkey Pepperoni Pizza ³ Cheese Pizza Turkey & Cheese Sandwich Hot Dog	Hamburger ⁴ Grilled Cheese Chicken Salad Sandwich Chicken Caesar Salad	Chicken and Waffles ⁵ Mac and Cheese Turkey & Cheese Sandwich Chef Salad w/ Romaine	Chicken Taco Salad ⁶ Chix* Tenders w/Cornbread Honey Sriracha Drumstick w/ Cornbread Chicken Salad Sandwich	Taco Bowl with Rice ⁷ Bean & Green Chili Burrito Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ¹⁰ Cheese Pizza Turkey & Cheese Sandwich Hot Dog	Crispy Chicken Sandwich ¹¹ Lasagna w/ Roll Tuna Salad Sandwich Chicken Caesar Salad	Penne with Meat Sauce ¹² Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	Tuna Salad Sandwich ¹³ Honey Sriracha Drumstick w/ Cornbread Chix* Tenders w/Cornbread Chicken Taco Salad	Chef Salad w/ Romaine ¹⁴ Teriyaki Chicken w/ Rice Veggie Fried Rice Bowl Turkey & Cheese Sandwich
 ¹⁷	Turkey Pepperoni Pizza ¹⁸ Cheese Pizza Turkey & Cheese Sandwich Hot Dog	Chicken and Waffles ¹⁹ Mac and Cheese Turkey & Cheese Sandwich Chicken Caesar Salad	Chicken Taco Salad ²⁰ Chicken Salad Sandwich Honey Sriracha Drumstick w/ Cornbread Chix* Tenders w/Cornbread	Taco Bowl with Rice ²¹ Bean & Green Chili Burrito Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ²⁴ Cheese Pizza Turkey & Cheese Sandwich Hot Dog	Crispy Chicken Sandwich ²⁵ Lasagna w/ Roll Tuna Salad Sandwich Chicken Caesar Salad	Penne with Meat Sauce ²⁶ Veggie Chicken Burger Turkey & Cheese Sandwich Chef Salad w/ Romaine	Tuna Salad Sandwich ²⁷ Honey Sriracha Wings w/ Cornbread Chix* Tenders w/Cornbread Chicken Taco Salad	Chef Salad w/ Romaine ²⁸ Teriyaki Chicken w/ Rice Veggie Fried Rice Bowl Turkey & Cheese Sandwich
<div>  <div> <p>Produce Bar Menu</p> <p>Each day students will be offered a variety of Produce from the following list:</p> <p>Red Apples, Spring Mix Lettuce, Oranges, Jicama, Tangerines, Cucumbers, Carrots, HOTM Broccoli, Edamame, and Pineapple Chunks.</p>  </div> </div>				

February's Harvest of the Month is: Broccoli

Eating Broccoli regularly has many health benefits. Broccoli's fiber and antioxidants can help lower cholesterol, maintain healthy blood pressure, and improve cardiovascular function. Broccoli also contains vitamin K, which helps activate proteins that form and strengthen bones which is important when you are growing. It is also high in Vitamin C which helps to boost your immune system and keep you healthy. This vegetable is best eaten raw to get the most nutritional benefits. Try some on your Produce bar today!

"This institution is an equal opportunity provider."

Menu Subject to change

We use Foods that are Whole Grain Rich

1% milk (8 oz) is available every day



February 2025

Secondary Finishing Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Turkey Pepperoni Pizza ³ Cheese Pizza Turkey & Cheese Sandwich Hot Dog	Hamburger ⁴ Grilled Cheese Chicken Salad Sandwich	Chicken and Waffles ⁵ Mac and Cheese Turkey & Cheese Sandwich Chicken Caesar Salad	Chicken Taco Salad ⁶ Chix* Tenders w/Cornbread Honey Sriracha Wings w/ Cornbread Chicken Salad Sandwich	Taco Bowl w/ Spanish Rice ⁷ Bean & Green Chili Burrito Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ¹⁰ Cheese Pizza Turkey & Cheese Sandwich Hot Dog	Crispy Chicken Sandwich ¹¹ Lasagna w/ Roll Tuna Salad Sandwich	Penne with Meat Sauce ¹² Veggie Chicken Burger Turkey & Cheese Sandwich Chicken Caesar Salad	Tuna Salad Sandwich ¹³ Honey Sriracha Wings w/ Cornbread Chix* Tenders w/Cornbread Chicken Taco Salad	Chef Salad w/ Romaine ¹⁴ Teriyaki Chicken w/ Rice Veggie Fried Rice Bowl Turkey & Cheese Sandwich
 ¹⁷	Turkey Pepperoni Pizza ¹⁸ Cheese Pizza Chicken Salad Sandwich	Chicken and Waffles ¹⁹ Mac and Cheese Turkey & Cheese Sandwich Chicken Caesar Salad	Chicken Taco Salad ²⁰ Chicken Salad Sandwich Honey Sriracha Drumstick w/ Cornbread Chix* Tenders w/Cornbread	Taco Bowl w/ Spanish Rice ²¹ Bean & Green Chili Burrito Turkey & Cheese Sandwich Chef Salad w/ Romaine
Turkey Pepperoni Pizza ²⁴ Cheese Pizza Turkey & Cheese Sandwich Hot Dog	Lasagna w/ Roll ²⁵ Crispy Chicken Sandwich Tuna Salad Sandwich	Penne with Meat Sauce ²⁶ Veggie Chicken Burger Turkey & Cheese Sandwich Chicken Caesar Salad	Tuna Salad Sandwich ²⁷ Honey Sriracha Drumstick w/ Cornbread Chix* Tenders w/Cornbread Chicken Taco Salad	Chef Salad w/ Romaine ²⁸ Teriyaki Chicken w/ Rice Veggie Fried Rice Bowl Turkey & Cheese Sandwich
<div> <div>Produce Bar Menu</div> <div>Each day students will be offered a variety of Produce from the following list:</div> <div>Red Apples, Spring Mix Lettuce, Oranges, Jicama, Tangerines, Cucumbers, Carrots, HOTM Broccoli, Edamame, and Pineapple Chunks.</div> </div>				

February's Harvest of the Month is: Broccoli

Eating Broccoli regularly has many health benefits. Broccoli's fiber and antioxidants can help lower cholesterol, maintain healthy blood pressure, and improve cardiovascular function. Broccoli also contains vitamin K, which helps activate proteins that form and strengthen bones which is important when you are growing. It is also high in Vitamin C which helps to boost your immune system and keep you healthy. This vegetable is best eaten raw to get the most nutritional benefits. Try some on your Produce bar today!

Menu Subject to change

"This institution is an equal opportunity provider."

We use Foods
that are Whole
Grain Rich

1% milk (8 oz)
is available
every day



February 2025

K-12 Supper Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

³ Italian Sandwich, Apple & Cinnamon Fruit Cup, 100% Juice, Milk	⁴ Jack Links® Chicken Jerky, String Cheese, 100% Juice, Sliced Apples, Cheez-Its, Milk	⁵ Tortilla Chips, Cheese Sauce Cup, Mini Carrots, 100% Juice, Milk	⁶ Coca Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, Ranch Dressing, 100 Juice, Milk	⁷ Honey Cranberry Trail Mix, Doritos® Cool Ranch, 100% Juice, Cheese Cubes, Milk
¹⁰ Turkey & Cheese Sandwich, Sliced Apples, 100% Juice, Milk	¹¹ Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Milk, Carrots	¹² Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt Apple & Cinnamon Fruit Cup, 100% Juice, Milk	¹³ Turkey Pepperoni Pizza, Mini Carrots, Milk, Pineapple Fruit Cup	¹⁴ Sun Butter Cup, String Cheese, Crackers, Sliced Apples, 100% Juice, Milk
¹⁷ 	¹⁸ Jack Links® Chicken Jerky, String Cheese, 100% Juice, Sliced Apples, Cheez-Its, Milk	¹⁹ Tortilla Chips, Cheese Sauce Cup, Mini Carrots, 100% Juice, Milk	²⁰ Coca Sandwich, Honey Roasted Sunflower Seeds, Celery Sticks, Ranch Dressing, 100 Juice, Milk	²¹ Honey Cranberry Trail Mix, Doritos® Cool Ranch, 100% Juice, Cheese Cubes, Milk
²⁴ Turkey & Cheese Sandwich, Sliced Apples, 100% Juice, Milk	²⁵ Sweet Heat Trail Mix, Nacho Cheese Doritos®, String Cheese, Milk, Carrots	²⁶ Wheat Crackers, Colby Cheese Cubes, Strawberry Banana Yogurt Apple & Cinnamon Fruit Cup, 100% Juice, Milk	²⁷ Turkey Pepperoni Pizza, Mini Carrots, Milk, Pineapple Fruit Cup	²⁸ Sun Butter Cup, String Cheese, Crackers, Sliced Apples, 100% Juice, Milk

Self Care: It is so Important

Get regular exercise. It's really important to move your body. Walking 30 minutes a day can boost your health and your mood. Eat as healthy as you can and stay hydrated. Try to drink mostly water and avoid sugary drinks and sodas. Make sleep a priority. It's hard to learn when you are tired. Practice gratitude. Spend some time each day focused on what you do have not what you don't. Stay connected with friends and family who are positive.

February Fun Facts

- February is Black History Month. There are so many great Black Heroes both living and past. Take time this month to learn about a new Hero.
- Look outside for the Full Moon on Wednesday 2/12. The Moon is called the "Snow Moon" due to the heavy snowfall that happens in parts of the US.
- February is the only month where every four years there is an extra day. This year is a Leap Year with Saturday 2/29. How will you use this extra day?
- The odds of being born on Feb 29th are 1 in 1,461. If you are born on leap day your birthday would be celebrated Feb 29th or March 1st on non leap years.

Menu Subject to change

"This institution is an equal opportunity provider."



We use Foods that are Whole Grain Rich

1% milk (8 oz) is available every day



February 2025

Child Development Center Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 *Cracker (1 oz) + Fruit (1/2 cup)	4 Cheese Stick (1 oz) + Fruit (1/2 cup)	5 *Cracker (1 oz) + Fruit (1/2 cup)	6 Cheese Stick (1 oz) + Fruit (1/2 cup)	7 *Cracker (1 oz) + Fruit (1/2 cup)
10 *Cracker (1 oz) + Fruit (1/2 cup)	11 Cheese Stick (1 oz) + Fruit (1/2 cup)	12 *Cracker (1 oz) + Fruit (1/2 cup)	13 Cheese Stick (1 oz) + Fruit (1/2 cup)	14 *Cracker (1 oz) + Fruit (1/2 cup)
17 	18 Cheese Stick (1 oz) + Fruit (1/2 cup)	19 *Cracker (1 oz) + Fruit (1/2 cup)	20 Cheese Stick (1 oz) + Fruit (1/2 cup)	21 *Cracker (1 oz) + Fruit (1/2 cup)
24 *Cracker (1 oz) + Fruit (1/2 cup)	25 Cheese Stick (1 oz) + Fruit (1/2 cup)	26 *Cracker (1 oz) + Fruit (1/2 cup)	27 Cheese Stick (1 oz) + Fruit (1/2 cup)	28 *Cracker (1 oz) + Fruit (1/2 cup)

How to Best Support your 3-5 Year Old

Do your best to provide a loving supportive environment. Try to not have them present during tense or adult conversations. Engage them daily in playing and learning activities. Did you know Oakland Libraries have Toy Lending Libraries for durable toys for 0-6 year olds. Check out the QR code for more information. Limit how much screen time they have. Help them understand and work through their emotions. Allow them to explore while also setting clear boundaries. Provide them with a sense of security through consistent routines and lot's of positive reinforcement. Show and tell them you love them every day..



Scan the QR Code with your phone to find out more about the Oakland Library lending toys.

We use Foods that are Whole Grain Rich marked with an *

February Fun Facts

- February is Black History Month. There are so many great Black Heroes both living and past. Take time this month to learn about a new Hero.
- Look outside for the Full Moon on Wednesday 2/12. The Moon is called the "Snow Moon" due to the heavy snowfall that happens in parts of the US.
- February is the only month where every four years there is an extra day. This year is a Leap Year with Saturday 2/29. How will you use this extra day?
- The odds of being born on Feb 29th are 1 in 1,461. If you are born on leap day your birthday would be celebrated Feb 29th or March 1st on non leap years.

Menu Subject to change

"This institution is an equal opportunity provider."

