# December 2022
## OUSD Satellite Secondary Lunch Menu

<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Produce Bar with a combination of the following: Edamame, Mandarins, Asian Pears, <strong>Spinach</strong>, Mini Carrots, Kiwis, Bosc Pears, Snap Peas, Red Apples, Broccoli, Jicama, and Bartlett Pears</td>
<td><strong>1</strong> BBQ Drumstick w/Cornbread</td>
<td><strong>2</strong> Orange Chicken w/ Rice</td>
<td><strong>2</strong> Turkey &amp; Cheese Sandwich</td>
<td><strong>5</strong> Pepperoni Pizza</td>
</tr>
</tbody>
</table>

A turkey and cheese sandwich is also available as a lunch option.

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### Winter Break - No School
Monday, December 19 - Monday, January 3rd
School resumes Tuesday, January 4th, 2023

### Looking for ways to Volunteer over the Winter Break and Beyond?
Volunteering is a great way to help your community and also have experiences to put on your college application or resume for a future job. Here are some ways for High School Students to support Oakland.
- Volunteer at an Oakland Library - if you are 13-18 fill out an easy application on their website.
- Help with Oakland’s Annual Toy Drive 12/17. Go to the City of Oakland Website and fill out a google form.
- Plant Trees in Oakland! Go to [https://www.meetup.com/](https://www.meetup.com/)Trees-for-Oakland/ for more info.
- Be trained to be a docent (guide) at Lake Merritt and give tours of the gardens there.

Email garden@lakemerritt@gmail.com for more information.

### December’s Harvest of the Month - Spinach
Spinach is a leafy green flowering plant native to central and western Asia. It is rich in many nutrients, including Vitamin A, Vitamin C, Vitamin K, iron, folate, and potassium. Spinach is also chock full of fiber. Look for Spinach on your school’s produce bar this month!

We use products made with whole grains.

This institution is an equal opportunity provider.
### December 2022

**OUSD Cooking Secondary Lunch Menu**

<table>
<thead>
<tr>
<th>MONDAY</th>
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<tbody>
<tr>
<td>Daily Produce Bar with a combination of the following: Edamame, Mandarins, Asian Pears, Harvest of the Month Spinach, Mini Carrots, Kiwis, Bosc Pears, Snap Peas, Red Apples, Broccoli, Jicama, and Bartlett Pears</td>
<td>Pepperoni Pizza</td>
<td>Cheese Pizza</td>
<td>Pepperoni Pizza</td>
<td>Orange Chicken w/ Rice</td>
</tr>
<tr>
<td>A turkey and cheese sandwich is also available as a lunch option</td>
<td>Cheese Lasagna w/ Breadstick</td>
<td></td>
<td>Cheese Pizza</td>
<td>Cheese Pizza</td>
</tr>
<tr>
<td>5 Pepperoni Pizza</td>
<td>Crispy Chicken Sandwich</td>
<td>7 Cheese Pizza</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Chicken &amp; Waffles</td>
<td>Cheese Pizza</td>
<td>Chicken Burrito</td>
<td>Orange Chicken w/ Rice</td>
<td>Orange Chicken w/ Rice</td>
</tr>
<tr>
<td></td>
<td>Mac &amp; Cheese w/ Cornbread</td>
<td>BBQ Wings w/ Cornbread</td>
<td>Cheese Pizza</td>
<td>Cheese Pizza</td>
</tr>
<tr>
<td>12 Pepperoni Pizza</td>
<td>Crispy Chicken Sandwich</td>
<td>14 Cheese Pizza</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Bean &amp; Cheese Burrito</td>
<td>Cheese Pizza</td>
<td>Chicken Burrito</td>
<td>Hamburger</td>
<td>Turkey Nachos</td>
</tr>
<tr>
<td>Chicken &amp; Waffles</td>
<td>Mac &amp; Cheese w/ Cornbread</td>
<td>BBQ Wings w/ Cornbread</td>
<td>Cheese Pizza</td>
<td>Grilled Cheese</td>
</tr>
<tr>
<td></td>
<td></td>
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1% and Nonfat Milk Available Daily

**OUSD EATS**

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