**Eat the Rainbow in Fruits and Vegetables from your Cafeteria's Produce Bar Everyday!**

- **Red** - Helps Fight Cancer, reduces the risk of Diabetes and Heart Disease, improves skin quality.
- **Yellow and Orange** - Improves immune function, promotes eye health, reduces risk of Heart Disease
- **Green** - Boosts the Immune System, detoxifies the body, restores energy
- **Blue and Purple** - May reduce the risk of Cancer, supports learning, decreases inflammation

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### NOVEMBER 2022

**OUSD Secondary Satellite Lunch Menu**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><img src="image" alt="Sandwich" /> A Turkey &amp; Cheese Sandwich is available every day.</td>
<td>Chicken Burrito</td>
<td>Cheeseburger</td>
<td>BBQ Drumstick w/ Cornbread</td>
<td>Orange Chicken w/ Rice</td>
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<tr>
<td></td>
<td>Bean &amp; Cheese Burrito (V)</td>
<td>Hamburger</td>
<td>Mac and Cheese w/Cornbread (V)</td>
<td>Turkey &amp; Cheese Sandwich</td>
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<td></td>
<td>Veggie Burger (V)</td>
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<tr>
<td><strong>7</strong> Pepperoni Pizza</td>
<td><strong>8</strong> Crispy Chicken Sandwich</td>
<td><strong>9</strong> Hot Dog</td>
<td><strong>10</strong> Chicken N' Waffles</td>
<td><strong>11</strong> No School Veterans Day</td>
</tr>
<tr>
<td>Cheese Pizza (V)</td>
<td>Grilled Cheese (V)</td>
<td>Veggie Burger (V)</td>
<td>Cheese Lasagna w/ Breadstick (V)</td>
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<tr>
<td><strong>14</strong> Pepperoni Pizza</td>
<td><strong>15</strong> Chicken Burrito</td>
<td><strong>16</strong> Cheeseburger</td>
<td><strong>17</strong> BBQ Drumstick w/ Cornbread</td>
<td><strong>18</strong> Orange Chicken w/ Rice</td>
</tr>
<tr>
<td>Cheese Pizza (V)</td>
<td>Bean &amp; Cheese Burrito (V)</td>
<td>Hamburger</td>
<td>Mac and Cheese w/Cornbread (V)</td>
<td>Italian Nada (V)</td>
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<td></td>
<td></td>
<td>Veggie Burger (V)</td>
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<tr>
<td><strong>21</strong> Pepperoni Pizza</td>
<td><strong>22</strong> Chicken Burrito</td>
<td><strong>23</strong> Cheeseburger</td>
<td><strong>24</strong> BBQ Drumstick w/ Cornbread</td>
<td><strong>25</strong> Orange Chicken w/ Rice</td>
</tr>
<tr>
<td>Cheese Pizza (V)</td>
<td>Bean &amp; Cheese Burrito (V)</td>
<td>Hamburger</td>
<td>Mac and Cheese w/Cornbread (V)</td>
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<tr>
<td><strong>28</strong> Pepperoni Pizza</td>
<td><strong>29</strong> Chicken Burrito</td>
<td><strong>30</strong> Cheeseburger</td>
<td><strong>31</strong> BBQ Drumstick w/ Cornbread</td>
<td><strong>32</strong> Orange Chicken w/ Rice</td>
</tr>
<tr>
<td>Cheese Pizza (V)</td>
<td>Bean &amp; Cheese Burrito (V)</td>
<td>Hamburger</td>
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<td>Veggie Burger (V)</td>
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</tbody>
</table>

**Thanksgiving Break No School**

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Daily Produce Bar with a Combination of the following:
- Asian Pears, Pinot Beans, Red Apples, Romaine, Broccoli, Jicama Sticks, Snap Peas, Mini Carrots, Garbanzo Beans, Kiwi, Persimmons, Edamame, Bartlett Pears, Grapes, Black Beans, Bosc Pears

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This institution is an equal opportunity provider.
### Produce Bar Menu

#### Daily Produce Bar with a Combination of the following:
- Bartlett Pears
- Pinto Beans
- Red Apples
- Romaine
- Broccoli
- Jicama Sticks
- Snap Peas
- Mini Carrots
- Garbanzo Beans
- Kiwis
- Persimmons
- Edamame
- Grapes
- Black Beans
- Bosc Pears

#### Notes
- A Turkey & Cheese Sandwich is also available every day.
- 1% and Nonfat Milk Available Daily.

### Eating the Rainbow in Fruits and Vegetables
- **Red**: Help Fight Cancer, Reduce the risk of Diabetes and Heart Disease, Improves skin quality.
- **Yellow and Orange**: Improve immune function, promotes Eye health, reduces risk of Heart Disease.
- **Green**: Boost the Immune System, Detoxify body, restore energy.
- **Blue and Purple**: May reduce the risk of Cancer, Support Learning, Decrease Inflammation.

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**NOVEMBER 2022**

### OUSD Secondary Cooking Lunch Menu

#### Monday
- **Pepperoni Pizza**
- **Cheese Pizza (V)**
- **Crispy Chicken Sandwich**
- **Mac & Cheese w/Cornbread (V)**

#### Tuesday
- **Cheese Pizza (V)**
- **Chicken Burrito**
- **BBQ Wings**

#### Wednesday
- **Cheese Pizza (V)**
- **Chicken Burrito**
- **BBQ Wings w/Cornbread**

#### Thursday
- **Pepperoni Pizza**
- **Cheese Lasagna w/Breadstick (V)**
- **Hamburger**

#### Friday
- **Cheese Pizza (V)**
- **Hot Dogs**
- **Orange Chicken w/ Rice**

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#### Thanksgiving Break
No School

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### Daily Produce Bar Menu

- A Turkey & Cheese Sandwich is also available every day.
- 1% and Nonfat Milk Available Daily.

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This institution is an equal opportunity provider.