



**LIFE TIME FOUNDATION**



MON

TUE

WED

THU






















FRI

## December is National Pear Month!



When it comes to fiber, pears rank higher! A medium pear packs the most fiber of the 20 most popular fresh fruits! Fiber helps you feel full so you stay satisfied. The two kinds we usually eat in the cafeteria are Green Bartlett that are sweet, soft, and juicy as well as Red Anjou which are sweet and can be firm.



<p>2</p> <p>Bagel and Cream Cheese</p> <p>Beef Strips Dinner Roll Mashed Potatoes &amp; Gravy Mixed Fruit</p> 	<p>3</p> <p>Fruit Yogurt Graham Crackers</p> <p>Macaroni &amp; Cheese Baked Beans Applesauce</p>	<p>4</p> <p>Hummingbird Muffin String Cheese</p> <p>Chicken Corn Dog Pozole Soup Strawberry Cup Chocolate Chip Cookie</p>  	<p>5</p> <p>Breakfast Sandwich</p> <p>Walking Taco Baby Carrots Pears</p>  	<p>6</p> <p>Mini Waffles</p> <p>Chicken Patty Sandwich Tater Tots Peaches</p>
<p>9</p> <p>Oatmeal Chocolate Breakfast Bar</p> <p>Cheese Quesadilla Pinto Beans Mixed Fruit</p> 	<p>10</p> <p>Cinnamon Bun</p> <p>Teriyaki Chicken Brown Rice Roasted Carrots Pears</p> 	<p>11</p> <p>Maria's Sweet Vanilla Muffin String Cheese</p> <p>Popcorn Chicken Dinner Roll Chicken Noodle Soup Pineapple</p> 	<p>12</p> <p>Turkey Sausage Pancake Wrap</p> <p>Rotini &amp; Meat Sauce Oven Fries Peaches</p>  	<p>13</p> <p>Whole Grain Donut Bites</p> <p>Homemade Cheese Pizza Celery Sticks Applesauce</p> 
<p>16</p> <p>Bagel and Cream Cheese</p> <p>Chicken Tamale String Cheese Pinto Beans Applesauce</p>	<p>17</p> <p>Fruit Yogurt Graham Crackers</p> <p>Breakfast for Lunch Hash Browns Pears</p> 	<p>18</p> <p>Manager's Choice Breakfast</p> <p>Beef Hot Dog Chicken Chili w/ White Bean Soup Mandarin Oranges</p> 	<p>19</p> <p>Oatmeal Apple Muffin String Cheese</p> <p>Fish Nuggets Baby Carrots Mixed Fruit</p>  	<p>20</p> <p>Manager's Choice Breakfast</p> <p>Manager's Choice Lunch Tater Tots Peaches</p>
<p>23</p>  	<p>24</p> 	<p>25</p>	<p>26</p> 	<p>27</p>  

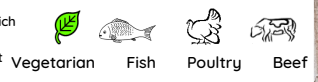
# WINTER Break

## DAILY OPTIONS

**Breakfast**  
Breakfast Special  
Whole Grain Cereal  
with Graham Crackers  
Seasonal Whole Fresh Fruit  
100% Fruit Juice  
1% or Skim Milk

**Rotating 3rd Entrée**  
Monday/Thursday  
Turkey Ham and Cheese Sub  
Tuesday/Friday  
Chicken Ranch Wrap  
Wednesday  
Large Garden Salad with Chicken

**Lunch**  
Lunch Special  
Peanut Butter & Jelly Sandwich  
Rotating 3rd Lunch Entrée  
Seasonal Whole Fresh Fruit  
Crispy Garden Salad  
1% or Skim Milk



\*We serve a pork-free menu\*

**December** is...  
National Pear Month!

- December 1st Eat a Red Apple Day
- December 4th National Cookie Day
- December 19th National Oatmeal Muffin Day

## MEAL PRICES

**Osborn Students:**

All complete meals at no cost  
Milk \$0.50

**Adults/Visitors:**

Breakfast \$2.75  
Lunch \$4.75

\*Cash/Check Accepted\*

SCAN HERE!



Menu items may change due to availability. This institution is an equal opportunity provider. Questions? Call the Child Nutrition Office at 602-707-2020

@nutriliciousosborn