



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

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

