

# Middle

# DECEMBER 2024






















**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.



<b>2</b> Egg & Cheese Taco <hr/> Beef Strips Dinner Roll Mashed Potatoes & Gravy 	<b>3</b> Very Berry Yogurt Parfait <hr/> Macaroni & Cheese Baked Beans 	<b>4</b> Hummingbird Muffin String Cheese <hr/> Chicken Corn Dog Pozole Soup  <b>Chocolate Chip Cookie</b> 	<b>5</b>  Breakfast Burrito <hr/> Walking Taco 	<b>6</b> Stack of Pancakes <hr/> Chicken Patty Sandwich Tater Tots 
<b>9</b> Oatmeal Chocolate Breakfast Bar <hr/> Chicken Quesadilla Cheese Quesadilla Pinto Beans 	<b>10</b>  Breakfast Sandwich <hr/> Teriyaki Chicken Brown Rice Roasted Carrots 	<b>11</b> Cranberry Orange Muffin String Cheese <hr/> Popcorn Chicken Dinner Roll Chicken Noodle Soup 	<b>12</b> Chorizo Con Papas with Tortilla <hr/> Rotini & Meat Sauce Oven Fries 	<b>13</b> Cinnamon Roll <hr/> Pepperoni Pizza Cheese Pizza 
<b>16</b> Early Riser Hashbrown <hr/> Chicken Tamale String Cheese Pinto Beans 	<b>17</b> Bagel and Cream Cheese <hr/> Breakfast for Lunch Hash Browns 	<b>18</b> Manager's Choice Breakfast <hr/> Beef Hot Dog Chicken Chili w/ White Bean Soup 	<b>19</b>  Oatmeal Apple Muffin String Cheese <hr/> Fish Tacos 	<b>20</b> Manager's Choice Breakfast <hr/> Manager's Choice Lunch Tater Tots 

**23**      **24**      **25**      **26**      **27**

# 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  
 Garden Salad Bar  
 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\*

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

**SCAN HERE!**  


 @nutriliciousosborn