

Pre-K

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.



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

DAILY OPTIONS

Daily Breakfast

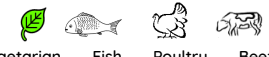
Breakfast Special
Seasonal Whole Fresh Fruit
or 100% Fruit Juice
1% or Skim Milk



Preschool will be served family style when possible to align with curriculum.

Daily Lunch

Lunch Special
Fruit Variety
Seasonal Vegetable
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

WINTER Break

