

SNACK

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 Strawberry Snack Bar Milk	3 Goldfish Crackers Fresh Fruit	4 Graham Crackers Fruit Cup	5 Cheez It Crackers Fruit Juice	6 Animal Crackers String Cheese
9 Scooby Snack Crackers Milk	10 Pretzels Fresh Fruit	11 Chocolate Tiger Graham's Fruit Cup	12 Strawberry & Yogurt Chex Mix Fruit Juice	13 Cinnamon Crisps String Cheese
16 Strawberry Snack Bar Milk	17 Goldfish Crackers Fresh Fruit	18 Graham Crackers Fruit Cup	19 Cheez It Crackers Fruit Juice	20 Animal Crackers String Cheese
23	24	25	26	27

WINTER Break

DAILY OPTIONS

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

