

MON	TUE	WED	THU	FRI
<p>Have you tried hummus?</p> <p>It's a delicious and creamy dip/spread and a great source of fiber, protein and heart-healthy fats!</p>				
<p>5 Oatmeal Chocolate Breakfast Bar</p> <p>Cheese Quesadilla</p> <p>Pinto Beans</p> <p>Mixed Fruit</p>	<p>6 Cinnamon Bun</p> <p>Teriyaki Chicken</p> <p>Brown Rice</p> <p>Roasted Carrots</p> <p>Diced Pears</p>	<p>7 Maria's Sweet Vanilla Muffin</p> <p>String Cheese</p> <p>Popcorn Chicken</p> <p>Dinner Roll</p> <p>Oven Fries</p> <p>Frozen Fruit Cup</p>	<p>8 Turkey Sausage Pancake Wrap</p> <p>Rotini & Meat Sauce</p> <p>Parmesan Roasted Broccoli</p> <p>Diced Peaches</p>	<p>2 Snack N' Waffle</p> <p>Chicken Patty Sandwich</p> <p>Potato Puffs</p> <p>Diced Peaches</p>
<p>12 Bagel & Cream Cheese</p> <p>Chicken Tamale</p> <p>Pinto Beans</p> <p>Applesauce Cup</p>	<p>13 Strawberry Yogurt Honey Graham Crackers</p> <p>Breakfast For Lunch</p> <p>Hashbrowns</p> <p>Diced Pears</p>	<p>14 Zucchini Bread Muffin</p> <p>String Cheese</p> <p>Beef Hot Dog</p> <p>Broccoli</p> <p>Frozen Fruit Cup</p>	<p>15 Pancake Chicken Sausage Sandwich</p> <p>Beef Picadillo</p> <p>Tortilla</p> <p>Baby Carrots</p> <p>Mixed Fruit</p>	<p>16 Snack N' Waffle</p> <p>Fish Nuggets</p> <p>Potato Puffs</p> <p>Diced Peaches</p>
<p>19 Oatmeal Chocolate Breakfast Bar</p> <p>Orange Chicken</p> <p>Brown Rice</p> <p>Edamame</p> <p>Frozen Fruit Cup</p>	<p>20 Cinnamon Bun</p> <p>Chicken Alfredo Pasta</p> <p>Broccoli</p> <p>Mixed Fruit</p>	<p>21 Manager's Choice / Whole Grain Cereal Graham Crackers</p> <p>Manager's Choice</p>	<p>22 Manager's Choice / Whole Grain Cereal Graham Crackers</p> <p>Manager's Choice</p>	<p>1 SCHOOL LUNCH HERO DAY</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

Vegetarian Fish Poultry Beef

We serve a pork-free menu

May is...
 National Salsa Month!
 May 13th National Hummus 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

Mango Tango Black Bean Salsa

Ingredients:
 1 mango, 1/4 c. onion, finely chopped, 1/4 c. fresh cilantro, coarsely chopped, 1 (15 oz.) can black beans, drained and rinsed, 2 T. lime juice, 1 (7 oz.) can whole kernel corn with peppers, drained, 1 tsp. garlic salt, and 1/4 tsp. ground cumin.



Directions:
 Wash and peel the mango, then cut in half length wise. Throw away the seed. Cut into 3/4-inch cubes. In a medium bowl, combine all ingredients and mix well. Refrigerate until ready to use. Serve with tortilla chips.

HELL☀️
 Summer