

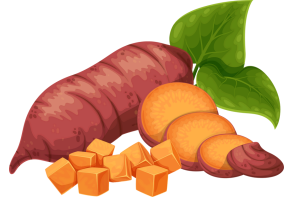


MON TUE WED THU FRI

SWEET POTATOES

Sweet Potatoes

Sweet potatoes are a versatile root vegetable native to Central America. They can be prepared by baking, mashing, roasting and taste delicious sprinkled with cinnamon! They are a healthy source of fiber, potassium, vitamin A and C, and beta-carotene. Have you tried sweet potato?



4 Oatmeal Chocolate Breakfast Bar Orange Chicken Brown Rice Edamame beans Pineapple	5 Cinnamon Bun Bean Tostada Roasted Squash Blue Corn Cornbread Mixed Fruit	6 Chocolate Cranberry Muffin & String Cheese Chicken Nuggets Dinner Roll Pozole Soup Strawberry Cup	7 Turkey Sausage Pancake Wrap Chicken Alfredo Pasta Baby Carrots Applesauce	8 Whole Grain Donut Bites Cheeseburger Tater Tots Peaches
11 HAPPY VETERAN DAY	12 Bagel & Cream Cheese Chicken Drumstick Whole Grain Waffle Steamed Corn Applesauce	13 Carrot Cake Muffin String Cheese Grilled Cheese Tomato Soup Pineapple	14 Breakfast Sandwich Chili Cheese Nachos Black Beans Mixed Fruit	15 Mini Waffles Homemade Cheese Pizza Baby Carrots Pears
18 Oatmeal Chocolate Breakfast Bar Bean and Cheese Burrito Baby Carrots Applesauce	19 Cinnamon Bun Pull Apart Breadsticks Marinara Cup Peaches	20 Turkey Sausage Pancake Wrap Chicken Corn Dog Baked Beans Mixed Berry Cup	21 Bagel & Cream Cheese Turkey and Gravy Mashed Potatoes Green Beans Dinner Roll Pumpkin Muffin	22 Whole Grain Donut Bites Manager's Choice Steamed Broccoli Pears
25 Oatmeal Chocolate Breakfast Bar Grilled Cheese Oven Fries Frozen Fruit Cup	26 Cinnamon Bun Chicken Nuggets Dinner Roll Bean Salad Applesauce			

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

November is...

Native American Heritage Month
Sweet Potato Awareness Month

November 21st is Osborn's TURKEY 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