



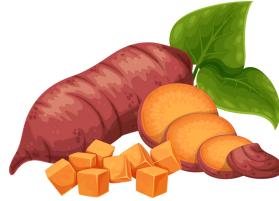
LIFETIME FOUNDATION

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?



<p>1 Mini Waffles</p> <hr/> <p>Fish Nuggets Tater Tots Peaches</p>				
<p>4 Oatmeal Chocolate Breakfast Bar</p> <hr/> <p>Orange Chicken Brown Rice Edamame beans Pineapple</p>	<p>5 Fruit & Yogurt Parfait Granola w/ Walnuts</p> <hr/> <p>Bean Tostada Roasted Squash Blue Corn Cornbread Mixed Fruit</p>	<p>6 Chocolate Cranberry Muffin & String Cheese</p> <hr/> <p>Chicken Nuggets Dinner Roll Pozole Soup Strawberry Cup</p>	<p>7 Turkey Sausage Pancake Wrap</p> <hr/> <p>Chicken Alfredo Pasta Baby Carrots Applesauce</p>	<p>8 Cinnamon Roll</p> <hr/> <p>Cheeseburger Tater Tots Peaches</p>
<p>11 </p>	<p>12 Bagel & Cream Cheese</p> <hr/> <p>Chicken Drumstick Whole Grain Waffle Steamed Corn Applesauce</p>	<p>13 Carrot Cake Muffin String Cheese</p> <hr/> <p>Grilled Cheese Tomato Soup Pineapple</p>	<p>14 Biscuit Breakfast Sandwich</p> <hr/> <p>Chili Cheese Nachos Black Beans Mixed Fruit</p>	<p>15 Mini Waffles</p> <hr/> <p>Homemade Cheese Pizza Baby Carrots Pears</p>
<p>18 Oatmeal Chocolate Breakfast Bar</p> <hr/> <p>Bean and Cheese Burrito Baby Carrots Applesauce</p>	<p>19 Cinnamon Bun</p> <hr/> <p>Pull Apart Breadsticks Marinara Cup Peaches</p>	<p>20 Turkey Sausage Pancake Wrap</p> <hr/> <p>Chicken Corn Dog Baked Beans Mixed Berry Cup</p>	<p>21 Bagel & Cream Cheese</p> <hr/> <p>Turkey and Gravy Mashed Potatoes Green Beans Dinner Roll Pumpkin Muffin</p>	<p>22 Whole Grain Donut Bites</p> <hr/> <p>Manager's Choice Steamed Broccoli Pears</p>
<p>25 Oatmeal Chocolate Breakfast Bar</p> <hr/> <p>Grilled Cheese Oven Fries Frozen Fruit Cup</p>	<p>26 Cinnamon Bun</p> <hr/> <p>Chicken Nuggets Dinner Roll Bean Salad Applesauce</p>	<p>Happy Thanksgiving</p>		

DAILY OPTIONS

Breakfast

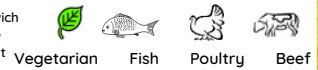
Breakfast Special
Whole Grain Cereal
with Graham Crackers
Seasonal Whole Fresh Fruit
100% Fruit Juice
1% or Skim Milk

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



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