

Middle

NOVEMBER 2024



MON

TUE

WED

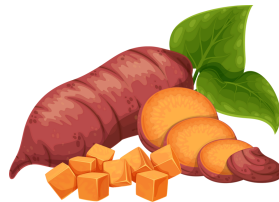
THU

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>4</p> <p>Oatmeal Chocolate Breakfast Bar</p> <p>Orange Chicken</p> <p>Brown Rice</p>	<p>5</p> <p>Homemade Oatmeal</p> <p>Bean Tostada</p> <p>Roasted Squash</p> <p>Blue Corn Cornbread</p>	<p>6</p> <p>Chocolate Cranberry Muffin & String Cheese</p> <p>Chicken Nuggets</p> <p>Dinner Roll</p> <p>Pozole Soup</p>	<p>7</p> <p>Breakfast Sandwich</p> <p>Chicken Alfredo Pasta</p>	<p>8</p> <p>Cinnamon Roll</p> <p>Cheeseburger</p> <p>Tater Tots</p>
<p>11</p>	<p>12</p> <p>Whole Grain Pancakes</p> <p>Chicken Drumstick</p> <p>Whole Grain Waffle</p> <p>Steamed Corn</p>	<p>13</p> <p>Carrot Cake Muffin</p> <p>String Cheese</p> <p>Grilled Cheese</p> <p>Tomato Soup</p>	<p>14</p> <p>Breakfast Burrito</p> <p>Chili Cheese Nachos</p> <p>Black Beans</p>	<p>15</p> <p>Whole Grain Donut Bites</p> <p>Homemade Pizza</p>
<p>18</p> <p>Egg and Cheese Breakfast Taco</p> <p>Bean and Cheese Burrito</p>	<p>19</p> <p>Fruit & Yogurt Parfait</p> <p>Granola with Walnuts</p> <p>Pull Apart Breadsticks</p> <p>Marinara Cup</p>	<p>20</p> <p>Chorizo Con Papas</p> <p>Whole Grain Tortilla</p> <p>Chicken Corn Dog</p> <p>Baked Beans</p>	<p>21</p> <p>Whole Grain Pancakes</p> <p>Turkey and Gravy</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Dinner Roll</p> <p>Pumpkin Muffin</p>	<p>22</p> <p>Cinnamon Roll</p> <p>Manager's Choice</p>
<p>25</p> <p>Oatmeal Chocolate Breakfast Bar</p> <p>Grilled Cheese</p> <p>Oven Fries</p>	<p>26</p> <p>Homemade Oatmeal</p> <p>Chicken Nuggets</p> <p>Dinner Roll</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
Garden Salad Bar
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