

Pre-K

NOVEMBER 2024



LIFETIME FOUNDATION

NutriLicious

MON

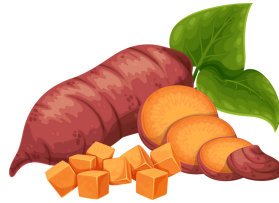
TUE

WED

THU

FRI

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?

SWEET POTATOES

4 Oatmeal Chocolate Breakfast Bar
Orange Chicken
Brown Rice
Edamame beans
Pineapple

5 Fruit Yogurt
Graham Crackers
Bean Tostada
Roasted Squash
Blue Corn Cornbread
Mixed Fruit

6 Chocolate Cranberry Muffin
Chicken Nuggets
Pozole Soup
Strawberry Cup

7 Turkey Sausage Pancake Wrap
Chicken Alfredo Pasta
Baby Carrots
Applesauce

8 Cinnamon Roll
Cheeseburger
Tater Tots
Peaches

11 Oatmeal Chocolate Breakfast Bar
Bean and Cheese Burrito
Baby Carrots
Applesauce

12 Bagel & Cream Cheese
Chicken Drumstick
Steamed Corn
Applesauce

13 Carrot Cake Muffin
Grilled Cheese
Tomato Soup
Pineapple

14 Breakfast Sandwich
Chili Cheese Nachos
Small Garden Salad
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 Nuggets
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
Small Garden Salad
Applesauce



DAILY OPTIONS

Breakfast

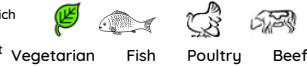
Breakfast Special
Whole Grain Cereal
with Graham Crackers
Seasonal Whole Fresh Fruit
100% Fruit Juice
1% or Skim Milk

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



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