

SNACK

NOVEMBER 2024



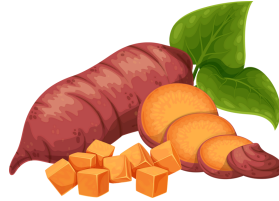
LIFE TIME FOUNDATION

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?



1
Cinnamon Crisps
String Cheese

4
Strawberry Snack Bar
Milk

5
Goldfish Crackers
Fresh Fruit

6
Graham Crackers
Fruit Cup

7
Cheez It Crackers
Fruit Juice

8
Animal Crackers
String Cheese



12
Pretzels
Fresh Fruit

13
Chocolate Tiger Graham's
Fruit Cup

14
Strawberry & Yogurt
Chex Mix
Fruit Juice

15
Cinnamon Crisps
String Cheese

18
Strawberry Snack Bar
Milk

19
Goldfish Crackers
Fresh Fruit

20
Graham Crackers
Fruit Cup

21
Cheez It Crackers
Fruit Juice

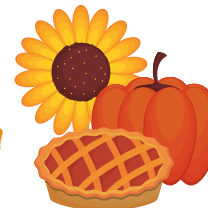
22
Animal Crackers
String Cheese

25
Scooby Snack Crackers
Milk

26
Pretzels
Fresh Fruit



Happy
Thanksgiving



DAILY OPTIONS

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

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