

Middle

SEPTEMBER 2024



MON	TUE	WED	THU	FRI
2 HAPPY LABOR DAY! 	3 Egg & Cheese Breakfast Taco Chicken Tamale Pinto Beans Applesauce	4 Zucchini Bread Muffin String Cheese Beef Hot Dog Steamed Broccoli Mandarin Oranges	5 Turkey Sausage Breakfast Burrito Beef Picadillo NEW Whole Grain Tortilla Baby Carrots Mixed Fruit	6 Whole Grain Donut Bites Fish Tacos Tater Tots Peaches
9 Oatmeal Chocolate Breakfast Bar Orange Chicken Brown Rice Edamame beans Pineapple	10 Very Berry Smoothie Graham Crackers Chicken Alfredo Pasta Roasted Broccoli Mixed Fruit	11 Chocolate Cranberry Muffin & String Cheese Chicken Nuggets Dinner Roll Baby Carrots Frozen Fruit Cup	12 Biscuit Breakfast Sandwich Bean and Cheese Burrito Elote Corn Applesauce	13 Cinnamon Roll Cheeseburger Tater Tots Peaches
16 Bagel & Cream Cheese Chicken Drumstick Dinner Roll Steamed Corn Applesauce	17 Fruit & Yogurt Parfait Granola w/ Walnuts Cheesy Beef Meatball Sub Steamed Broccoli Peaches	18 Carrot Cake Muffin String Cheese Grilled Cheese Tomato Soup Pineapple	19 Turkey Sausage Breakfast Burrito Chili Cheese Nachos Black Beans Mixed Fruit	20 Mini Waffles Homemade Pizza Baby Carrots Pears
23 Oatmeal Chocolate Breakfast Bar Pull Apart Breadsticks Homemade Marinara Peaches	24 Very Berry Smoothie Graham Crackers Chicken Pot Pie Steamed Broccoli Mixed Fruit	25 Banana Chocolate Chip Muffin String Cheese Chicken Tenders Dinner Roll Bean Salad Mandarin Oranges	26 Biscuit Breakfast Sandwich Chicken Tinga Tostada Spanish Rice NEW Baby Carrots Pears	27 Cinnamon Roll Cheeseburger Oven Fries Applesauce
30 Egg & Cheese Breakfast Taco Beef Strips Dinner Roll Mashed Potatoes & Gravy Mixed Fruit	September is National Potato Month! Potatoes are a good source of fiber to keep us full and vitamin C to keep us healthy! They are also high in a nutrient called potassium, an electrolyte which aids in the working of our heart, muscles, and nervous system.			

HELLO September

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

ANNOUNCEMENTS

We are now serving local Arizona ground beef on our menu!

Awarded by Alliance for a Healthier Generation
 Proud to be one of **AMERICA'S HEALTHIEST SCHOOLS**
 2024 AWARDEE

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