

Pre-K

SEPTEMBER 2024



MON	TUE	WED	THU	FRI
2 _____ _____ _____ _____	3 Bagel & Cream Cheese _____ Chicken Tamale Small Garden Salad Applesauce	4 Zucchini Bread Muffin _____ Popcorn Chicken Bites Steamed Broccoli Mandarin Oranges	5 Breakfast Sandwich _____ Beef Picadillo NEW Whole Grain Tortilla Baby Carrots Mixed Fruit	6 Mini Waffles _____ Fish Nuggets Tater Tots Peaches
9 Oatmeal Chocolate Breakfast Bar _____ Orange Chicken Brown Rice Edamame beans Pineapple	10 Cinnamon Bun _____ Chicken Alfredo Pasta Roasted Broccoli Mixed Fruit	11 Chocolate Cranberry Muffin _____ Chicken Nuggets Baby Carrots Applesauce	12 Turkey Sausage Pancake Wrap _____ Bean and Cheese Burrito Steamed Corn Applesauce	13 Whole Grain Donut Bites _____ Cheeseburger Tater Tots Peaches
16 Bagel & Cream Cheese _____ Chicken Drumstick Steamed Corn Applesauce	17 Fruit Yogurt Graham Crackers _____ Make-Your-Own Cheesy Beef Meatball Sub Steamed Broccoli Peaches	18 Carrot Cake Muffin _____ Grilled Cheese Tomato Soup Pineapple	19 Breakfast Sandwich _____ Chili Cheese Nachos Small Garden Salad Mixed Fruit	20 Mini Waffles _____ Cheese Pizza Baby Carrots Pears
23 Oatmeal Chocolate Breakfast Bar _____ Pull Apart Breadsticks Homemade Marinara Peaches	24 Cinnamon Bun _____ Chicken Pot Pie Steamed Broccoli Mixed Fruit	25 Banana Chocolate Chip Muffin _____ Chicken Nuggets Small Garden Salad Mandarin Oranges	26 Turkey Sausage Pancake Wrap _____ Chicken Tinga Tostada Baby Carrots Pears NEW	27 Whole Grain Donut Bites _____ Cheeseburger Oven Fries Applesauce
30 Bagel & Cream Cheese _____ Beef Strips Mashed Potatoes & Gravy Mixed Fruit	September is National Potato Month! <p>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.</p>			

HELLO September

DAILY OPTIONS

Daily Breakfast
 Breakfast Special
 Seasonal Whole Fresh Fruit
 or 100% Fruit Juice
 1% or Skim Milk

Daily Lunch
 Lunch Special
 Fruit Variety
 Seasonal Vegetable
 1% or Skim Milk

Preschool will be served family style when possible to align with curriculum.

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

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