Elementary DECEMBER 2023

Breakfast in the Classroom

MON

TUE

WED

THU

December is **National Pear Month!**

When it comes to fiber, pears rank higher! A medium pear packs the most fiber of the 20 most popular fresh fruits! Fiber helps you feel full so you stay satisfied. The two kinds we usually eat in the cafeteria are Green Bartlett that are sweet, soft, and juicy as well as Red Anjou which are sweet and can be firm.



Assorted Cereal **Graham Crackers**

> Cheeseburger Oven Fries **Applesauce** RED APPLES





Rotating 3rd Lunch Entrée Seasonal Whole Fresh Fruit Crispy Garden Salad 1% or Skim Milk

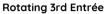
ANNOUNCEMENTS

Dailu Breakfast

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

Daily Lunch

Lunch Special Peanut Butter & Jelly Sandwich



Monday/Thursday Turkey Ham and Cheese Sub Tuesday/Friday Chicken Ranch Wrap Wednesdau Large Garden Salad with Chicken

Bagel & Cream Cheese

Beef Strips

Dinner Roll

Mashed Potatoes & Gravy

Mixed Fruit

Chocolate Chip Cookie

Yogurt & Graham Crackers

> Walking Taco **Baby Carrots Pears**

Hummingbird Muffin String Cheese

Chicken Corn Dog Chicken Noodle Soup Strawberry Cup

Turkey Sausage Pancake Sandwich

Chicken Patty Sandwich **Tater Tots Applesauce**

Mini Waffles

Homemade Cheese Pizza Steamed Broccoli Peaches







Beef

Fish Veaetarian Poultru

We serve a pork-free menu

National Pear Month!

December 1st Eat a Red Apple Day December 4th National Cookie Day December 19th National Oatmeal Muffin Day

MEAL PRICES

Osborn Students:

All at no cost

Adults/Visitors:

Breakfast \$2.75 Lunch \$4.75 *Cash/Check Accepted*

Oatmeal Chocolate Breakfast Bar

> Cheese Ouesadilla Pinto Beans Mixed Fruit



Turkey Sausage Pancake Wrap

Rotini & Meat Sauce **Roasted Baby Carrots Pears**

Blueberry Muffin String Cheese

> Popcorn Chicken Dinner Roll Pozole Soup Pineapple

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Cinnamon Bun

Pull Apart Breadsticks Homemade Marinara Peaches

Assorted Cereal Graham Crackers

> Fish Nuggets Oven Fries Strawberry Cup



Bagel & Cream Cheese

Chicken Tamale String Cheese Pinto Beans **Applesauce**

Oatmeal Muffin String Cheese

Breakfast for Lunch Hash Browns Pears

20

Yogurt & Graham Crackers

Beef Hot Dog AND Chicken Chili w/ White Bean Soup Mandarin Oranges

21

Manager's Choice **Breakfast**

Macaroni and Cheese Broccoli Mixed Fruit

25



28













