

MON TUE WED THU FRI

HELLO September

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.

4 **HAPPY LABOR DAY!**
USA

5 Oatmeal Chocolate Breakfast Bar
National Cheese Pizza Day
Buffalo Roasted Cauliflower
Peaches

6 Zucchini Bread Muffin String Cheese
Beef Hot Dog
Baked Beans
Mandarin Oranges

7 Very Berry Smoothie
Graham Crackers
Macaroni and Cheese
Steamed Broccoli
Mixed Fruit

8 Fruit & Yogurt Parfait
Granola w/ Walnuts
Breakfast for Lunch
Hash Browns
Pears

11 Turkey Sausage Breakfast Burrito
Orange Chicken
Brown Rice
Edamame beans
Pineapple

12 Fruit & Yogurt Parfait
Granola w/ Walnuts
Chicken Alfredo Pasta
Roasted Broccoli
Mixed Fruit

13 Chocolate Cranberry Muffin & String Cheese
Chicken Nuggets
Dinner Roll
Baby Carrots
Strawberry Cup

14 Turkey Sausage Pancake Wrap
Bean and Cheese Burrito
Elote Corn
Applesauce

15 Cinnamon Roll
Cheeseburger
Tater Tots
Pears

18 Bagel & Cream Cheese
Chicken Drumstick
Dinner Roll
Steamed Corn
Applesauce

19 Fruit & Yogurt Parfait
Granola w/ Walnuts
Make-Your-Own
Cheesy Beef Meatball Sub
Steamed Broccoli
Peaches

20 Oatmeal Apple Muffin
String Cheese
Grilled Cheese
Tomato Soup
Pineapple

21 Turkey Sausage Biscuit
Breakfast Sandwich
Chili Cheese Nachos
Black Beans
Mixed Fruit

22 Mini Waffles
Homemade Cheese Pizza
Baby Carrots
Strawberry Cup

25 Oatmeal Chocolate Breakfast Bar
Chicken Egg Roll & Yakisoba Noodles/Rice
Roasted Broccoli
Pears

26 Very Berry Yogurt Pizza
Chicken Pot Pie
Steamed Corn
Strawberry Cup

27 Banana Chocolate Chip Muffin
String Cheese
Chicken Nuggets
Dinner Roll
Bean Salad
Mandarin Oranges

28 Fruit & Yogurt Smoothie
Graham Crackers
Bean Tostada
Spanish Rice
Baby Carrots
Peaches

29 Breakfast Bagel Sandwich
Cheeseburger
Oven Fries
Applesauce

ANNOUNCEMENTS

Daily Breakfast

Breakfast Special
Assorted Cereal
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

Daily 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

Tuesday, September 5th is National Cheese Pizza Day!



MEAL PRICES

Osborn Students:

All at no cost

Adults/Visitors:

Breakfast \$2.75 Lunch \$4.75

Cash/Check Accepted

Please bear with us as we deal with supply chain issues. Menu items may change due to availability. This institution is an equal opportunity provider. Questions? Call the Child Nutrition Office at 602-707-2020