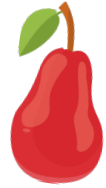


MON TUE WED THU FRI

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.



<p>4 Turkey Sausage Breakfast Burrito</p> <p>Beef Strips Dinner Roll</p> <p>Mashed Potatoes & Gravy</p> <p>Mixed Fruit</p> <p>Chocolate Chip Cookie</p>	<p>5 Fruit & Yogurt Parfait</p> <p>Granola w/ Walnuts</p> <p>Walking Taco</p> <p>Baby Carrots</p> <p>Pears</p>	<p>6 Hummingbird Muffin</p> <p>String Cheese</p> <p>Chicken Corn Dog</p> <p>Chicken Noodle Soup</p> <p>Strawberry Cup</p>	<p>7 Turkey Sausage Pancake Wrap</p> <p>Chicken Patty Sandwich</p> <p>Tater Tots</p> <p>Applesauce</p>	<p>1 Breakfast Bagel Sandwich</p> <p>Cheeseburger</p> <p>Oven Fries</p> <p>Applesauce</p> <p>RED APPLES</p>
<p>11 Bagel & Cream Cheese</p> <p>Cheese Quesadilla</p> <p>Pinto Beans</p> <p>Mixed Fruit</p>	<p>12 Very Berry Yogurt Pizza</p> <p>Rotini & Meat Sauce</p> <p>Roasted Baby Carrots</p> <p>Pears</p>	<p>13 Blueberry Muffin</p> <p>String Cheese</p> <p>Popcorn Chicken</p> <p>Dinner Roll</p> <p>Pozole Soup</p> <p>Pineapple</p>	<p>14 Turkey Sausage Biscuit</p> <p>Breakfast Sandwich</p> <p>Pull Apart Breadsticks</p> <p>Homemade Marinara</p> <p>Peaches</p>	<p>8 Cinnamon Roll</p> <p>Homemade Cheese Pizza</p> <p>Steamed Broccoli</p> <p>Peaches</p>
<p>18 Oatmeal Chocolate Breakfast Bar</p> <p>Chicken Tamale</p> <p>String Cheese</p> <p>Pinto Beans</p> <p>Applesauce</p>	<p>19 Oatmeal Muffin</p> <p>String Cheese</p> <p>Breakfast for Lunch</p> <p>Hash Browns</p> <p>Pears</p>	<p>20 Fruit & Yogurt Parfait</p> <p>Granola w/ Walnuts</p> <p>Beef Hot Dog</p> <p>Chicken Chili w/ White Bean Soup</p> <p>Mandarin Oranges</p>	<p>21 Manager's Choice Breakfast</p> <p>Macaroni and Cheese</p> <p>Broccoli</p> <p>Mixed Fruit</p>	<p>15 Mini Waffles</p> <p>Fish Nuggets</p> <p>Oven Fries</p> <p>Strawberry Cup</p>

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

December is...
 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

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

WINTER Break

