

Middle

# DECEMBER 2023

**LIFETIME FOUNDATION**



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.



**4** Turkey Sausage Breakfast Burrito  
Beef Strips Dinner Roll  
Mashed Potatoes & Gravy  
Chocolate Chip Cookie

**5** Fruit & Yogurt Parfait  
Granola w/ Walnuts  
Walking Taco

**6** Hummingbird Muffin  
String Cheese  
Chicken Corn Dog  
Chicken Noodle Soup

**7** Chorizo Con Papas with Tortilla  
Chicken Patty Sandwich  
Tater Tots

**8** Cinnamon Roll  
Homemade Pepperoni, Cheese, & Veggie Pizza

**11** Bagel & Cream Cheese  
Chicken Quesadilla  
Cheese Quesadilla  
Pinto Beans

**12** French Toast Yogurt Parfait  
Rotini & Meat Sauce  
Roasted Baby Carrots

**13** Cranberry Orange Muffin  
String Cheese  
Popcorn Chicken  
Dinner Roll  
Pozole Soup

**14** Turkey Sausage Biscuit Breakfast Sandwich  
Pull Apart Breadsticks  
Homemade Marinara

**15** Mini Waffles  
Fish Tacos  
Oven Fries

**18** Oatmeal Chocolate Breakfast Bar  
Chicken Tamale  
String Cheese  
Pinto Beans

**19** Oatmeal Muffin  
String Cheese  
Breakfast for Lunch  
Hash Browns

**20** Chorizo Con Papas with Tortilla  
Beef Hot Dog  
Chicken Chili w/  
White Bean Soup

**21** Homemade Oatmeal  
Cheese Enchiladas

**22** TIME FOR A BREAK

**25**

**26**

**27**

**28**

**29**

# WINTER Break

## 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  
Garden Salad Bar  
1% or Skim Milk



\*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