

Middle

SEPTEMBER 2023

LIFETIME FOUNDATION



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.

HAPPY LABOR DAY!

USA

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

6 Zucchini Bread Muffin String Cheese
Beef Hot Dog Calabacitas

7 Very Berry Smoothie Graham Crackers
Cheese Enchiladas Steamed Broccoli

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

11 Turkey Sausage Breakfast Burrito
Orange Chicken Brown Rice

12 French Toast Yogurt Parfait
Chicken Alfredo Pasta Roasted Broccoli

13 Chocolate Cranberry Muffin & String Cheese
Chicken Nuggets Dinner Roll

14 Chorizo Con Papas with Tortilla
Bean and Cheese Burrito Elote Corn

15 Cinnamon Roll
Cheeseburger Tater Tots

18 Bagel & Cream Cheese
Chicken Drumstick Dinner Roll Steamed Corn

19 Fruit & Yogurt Parfait Granola w/ Walnuts
Cheesy Beef Meatball Sub Steamed Broccoli

20 Oatmeal Apple Muffin String Cheese
Grilled Cheese Tomato Soup

21 Turkey Sausage Biscuit Breakfast Sandwich
Chili Cheese Nachos Black Beans

22 Mini Waffles
Homemade Pepperoni, Cheese, & Veggie Pizza

25 Oatmeal Chocolate Breakfast Bar
Chicken Egg Roll & Yakisoba Noodles

26 French Toast Yogurt Parfait
Chicken Pot Pie

27 Banana Chocolate Chip Muffin String Cheese
Chicken Nuggets Dinner Roll

28 Fruit & Yogurt Smoothie Graham Crackers
Bean Tostada Spanish Rice

29 Breakfast Bagel Sandwich
Cheeseburger Oven Fries

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

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