

December



Osborn Middle School

Monday	Tuesday	Wednesday	Thursday	Friday	BREAKFAST
			1 Whole Wheat Breakfast Bun Pineapple Ham & Cheese Pocket	2 Sausage Breakfast Pizza Applesauce Hot Dog w/Potato Wedges	Choice of ... Breakfast Special or Reduced Sugar Cereal Offered Daily: Assorted Whole Fresh Fruit Skim & 1% Milk
5 Waffle Sticks w/Syrup & Turkey Sausage Peaches Grill Cheese w/Dill Spear	6 Yogurt Prafait w/Granola Mixed Fruit Teriyaki/Orange Chicken Bowl	7 Banana Chocolate Chip Muffin w/Cheese Stick Apricots Beef Chilli & Cheese Nachos	8 Whole Wheat Breakfast Bun Pears Meatballs w/Mashed Potatoes & Gravy	9 Egg & Colby Breakfast Taco Pineapple Pizza Burger w/French Fries	LUNCH Choice of... Entrée Special or M-Th Deli Sandwich w/Side Salad F- Seasonal Fruit with Yogurt & Muffin 100% Fruit Juice & 1% Milk SALAD BAR Is included with every Student Lunch - Assorted whole fresh fruits and vegetables - Our famous Low-Fat Ranch Dressing - A variety of lean protein sources - Freshly baked Wheat Dinner Rolls
12 French Toast w/Syrup & Turkey Sausage Applesauce Chicken Nuggets	13 Cinnamon Roll Peaches Taco Salad w/Ground Beef	14 Hummingbird Muffin w/Cheese Stick Mixed Fruit Bean & Cheese Burrito	15 Sunrise English Muffin Apricots Beef Tamale with Refried Beans	16 Whole Wheat Breakfast Bun Pears Chicken Patty Sandwich w/Tater Gems	
19 Pancakes w/Syrup & Turkey Sausage Mixed Fruit Baked Chicken w/Waffle Stick & Syrup	20 Ham & Cheese Quesadilla Apricots Rotini w/Meatsauce	21 Pumpkin Muffin w/Cheese Stick Pears Chicken Fajita Bowl	22 Whole Wheat Breakfast Bun Pineapple Ham & Cheese Pocket	23 Sausage Breakfast Pizza Applesauce Hot Dog w/Potato Wedges	
STAYING HEALTHY: With cold and flu season settin in, it's as important as ever to make sure your youngster eats well. Boost his immunity with plenty of nutrient-rich fruits and vegetables each day. Good choices include oranges, grapefruit, cantaloupe, sweet potatoes, tomatoes, and broccoli.*					

Denotes Vegetarian
 Denotes Pork
 Denotes Turkey
 Denotes Beef

Menu is subject to change due to availability



For further information or questions regarding Child Nutrition Program please contact us at (602) 707 2021 -Hablamos Español -

Visit our web site @ www.osbornnet.org/Menus

PRICES

FREE Breakfast for all our students
 Lunch full price \$1.00 reduced price 40¢
 Adult meals: Breakfast \$1.00 Lunch \$2.00

This institution is an equal opportunity provider.