

February



Osborn Middle School

Monday	Tuesday	Wednesday	Thursday	Friday	BREAKFAST
<p>Physical activity tips Physical activity can be spread throughout the day. Encourage your child to do 10 minutes or more at least six times a day.*</p>		<p>1 Banana Chocolate Chip Muffin w/Cheese Stick Apricots Beef Chili & Cheese Nachos</p>	<p>2 Whole Wheat Breakfast Bun Pears Meatballs w/Mashed Potatoes & Gravy</p>	<p>3 Egg & Colby Breakfast Taco Pineapple Cheeseburger w/French Fries</p>	<p>Choice of ... Breakfast Special or Reduced Sugar Cereal Offered Daily: Assorted Whole Fresh Fruit Skim & 1% Milk</p>
<p>6 Pancakes w/Syrup & Turkey Sausage Mixed Fruit Baked Chicken w/Waffle Stick & Syrup</p>	<p>7 Ham & Cheese Quesadilla Apricots Rotini w/Meatsauce</p>	<p>8 Pumpkin Muffin w/Cheese Stick Pears Chicken Nuggets</p>	<p>9 Whole Wheat Breakfast Bun Pineapple Chicken Fajita Bowl</p>	<p>10 Sausage Breakfast Pizza Applesauce Hot Dog w/Potato Wedges</p>	<p>LUNCH Choice of... Entrée Special or M-Th Deli Sandwich w/Side Salad F- Seasonal Fruit with Yogurt & Muffin 100% Fruit Juice & 1% Milk</p>
<p>13 Waffle Sticks w/Syrup & Turkey Sausage Peaches French Bread Cheese Pizza</p>	<p>14 Yogurt Parfait w/Granola Mixed Fruit Orange Chicken Bowl</p>	<p>15 Banana Chocolate Chip Muffin w/Cheese Stick Apricots Beef Chili & Cheese Nachos</p>	<p>16 Whole Wheat Breakfast Bun Pears Meatballs w/Mashed Potatoes & Gravy</p>	<p>17 Egg & Colby Breakfast Taco Pineapple Cheeseburger w/French Fries</p>	<p>SALAD BAR Is included with every Student Lunch</p>
<p>20 PRESIDENT'S DAY</p>	<p>21 French Toast w/Syrup & Turkey Sausage Applesauce Taco Salad w/Ground Beef</p>	<p>22 Hummingbird Muffin w/Cheese Stick Mixed Fruit Bean & Cheese Burrito</p>	<p>23 Sunrise English Muffin Apricots Pasta Primavera w/Diced Ham</p>	<p>24 Whole Wheat Breakfast Bun Pears Chicken Patty Sandwich w/Tater Gems</p>	<p> - Assorted whole fresh fruits and vegetables - Our famous Low-Fat Ranch Dressing - A variety of lean protein sources - Freshly baked Wheat Dinner Rolls</p>
<p>27 Pancakes w/Syrup & Turkey Sausage Mixed Fruit Baked Chicken w/Waffle Stick & Syrup</p>	<p>28 Ham & Cheese Quesadilla Apricots Rotini w/Meatsauce</p>	<p>29 Pumpkin Muffin w/Cheese Stick Pears Chicken Fajita Bowl</p>			

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 \$1.05 reduced price 40¢
Adult meals: Breakfast \$1.00 Lunch \$2.00