

JANUARY



Monday	Tuesday	Wednesday	Thursday	Friday	BREAKFAST
9 Waffle Sticks w/Syrup Peaches Orange Chicken w/Brown Rice Pineapple	10 Yogurt Parfait w/Granola Mixed Fruit Cheese Nachos w/Ground Beef Mandarin Oranges	11 Banana Chocolate Chip Muffin w/Cheese Stick Apricots Chicken Nuggets w/Dinner Roll Senate Bean Soup	12 Whole Wheat Breakfast Bun Pears Cheese Pizza w/Tossed Salad Mixed Fruit	13 Egg & Colby Breakfast Taco Pineapple Ham & Cheese Sandwich w/Juice Bar Apricots	Choice of ... Breakfast Special or Reduced Sugar Cereal Offered Daily: Assorted Whole Fresh Fruit Skim & 1% Milk LUNCH Choice of... - Entrée Special - PB&J Sandwich - Salad with Tuna, Cheese or Turkey - Seasonal Fresh Fruit with Yogurt & Muffin Assorted Whole Fresh Fruit and Vegetables  Our Famous Low-Fat Ranch Dressing Milk Varieties: Skim White 1% White 1% Chocolate 1% Strawberry
16 M.L KING JR. DAY	17 French Toast w/Syrup Peaches Beef Tacos w/Spanish Rice Pineapple	18 Hummingbird Muffin w/Cheese Stick Mixed Fruit Bean & Cheese Burrito w/Tossed Salad Applesauce	19 Sunrise English Muffin Apricots Meatballs w/Mashed Potatoes & Gravy Peaches	20 Whole Wheat Breakfast Bun Pears Chicken Patty Sandwich w/Corn on the Cob Mixed Fruit	
23 Pancakes w/Syrup Mixed Fruit Corn Dog & Baked Chips Apricots	24 Ham & Cheese Quesadilla Apricots Rotini w/Meatsauce & Tossed Salad Mandarin Oranges	25 Pumpkin Muffin w/Cheese Stick Pears Chicken Nuggets w/Dinner Roll Minestrone Soup	26 Whole Wheat Breakfast Bun Pineapple Fish Sticks w/Rosy Applesauce Fruit Crisp	27 Sausage Breakfast Pizza Applesauce Cheeseburger w/French Fries Pears	
30 Waffle Sticks w/Syrup Peaches Beef & Bean Tostada w/Juice Bar Pineapple	31 Yogurt Parfait w/Granola Mixed Fruit Pasta Primavera w/Chocolate Chip Cookie Applesauce				
<div style="display: flex; align-items: center;">  <div style="background-color: #800080; color: white; padding: 5px;"> Habits for a Healthier New Year!!! <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Have breakfast every day <input checked="" type="checkbox"/> Snack wisely to keep energy up <input checked="" type="checkbox"/> Plan a weekly menu and grocery list <input checked="" type="checkbox"/> Be active for at least 30 minutes daily </div> </div>					

 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.osbornet.org/Menu

PRICES

FREE Breakfast for all our students
 Lunch full price \$1.05 reduced price 40¢ Adult meals: Breakfast \$1.00 Lunch \$2.00