




# November



## Osborn Middle School

Monday	Tuesday	Wednesday	Thursday	Friday	<b>BREAKFAST</b>
	1 Cinnamon Roll Peaches Taco Salad w/Ground Beef	2 Hummingbird Muffin w/Cheese Stick Mixed Fruit Bean & Cheese Burrito	3 Sunrise English Muffin Apricots Pasta Primavera w/Diced Ham	4 Whole Wheat Breakfast Bun Pears Chicken Patty Sandwich w/Tater Gems	<b>BREAKFAST</b> <b>Choice of ...</b> Breakfast Special or Reduced Sugar Cereal <b>Offered Daily:</b> Assorted Whole Fresh Fruit Skim & 1% Milk  <b>LUNCH</b> <b>Choice of...</b> Entrée Special or M-Th Deli Sandwich w/Side Salad F- Seasonal Fruit with Yogurt & Muffin <b>100% Fruit Juice &amp; 1% Milk</b> <b>SALAD BAR</b> 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
7 Pancakes w/Syrup & Turkey Sausage Mixed Fruit French Bread Cheese Pizza	8 Ham & Cheese Quesadilla Apricots Rotini w/Meatsauce	9 Pumpkin Muffin w/Cheese Stick Pears Baked Chicken w/Waffle Stick & Syrup	10 Whole Wheat Breakfast Bun Pineapple Chicken Fajita with Cilantro/Lime Rice	11  Veteran's Day	
14 Waffle Sticks w/Syrup & Turkey Sausage Peaches Beef & Bean Chilli	15 Yogurt Prafait w/Granola Mixed Fruit Organge Chicken w/Brown Rice	16 Banana Chocolate Chip Muffin w/Cheese Stick Apricots Grill Cheese w/Dill Spear	17 Whole Wheat Breakfast Bun Pears Roasted Turkey w/Mashed Potatoes and Gravy	18 Egg & Colby Breakfast Taco Pineapple Cheese Burger w/French Fries	
21 French Toast w/Syrup & Turkey Sausage Applesauce Chicken Nuggets	22 Cinnamon Roll Peaches Taco Salad w/Ground Beef	23 Hummingbird Muffin w/Cheese Stick Mixed Fruit Bean & Cheese Burrito	24 	25	
28 Pancakes w/Syrup & Turkey Sausage Mixed Fruit French Bread Cheese Pizza	29 Ham & Cheese Quesadilla Apricots Rotini w/Meatsauce	30 Pumpkin Muffin w/Cheese Stick Pears Baked Chicken w/Waffle Stick & Syrup	<i>Everyone is invited to our traditional Thanksgiving lunch celebration at your school cafeteria on November 17<sup>th</sup></i>		

 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](http://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