
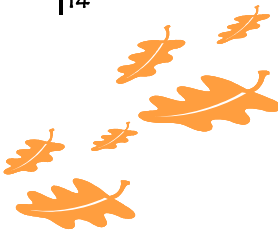

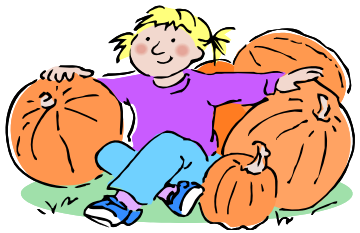


October



Osborn Middle School

Monday	Tuesday	Wednesday	Thursday	Friday	BREAKFAST
3 French Toast w/Syrup & Turkey Sausage Applesauce Chicken Nuggets	4 Cinnamon Roll Peaches Taco Salad w/Ground Beef	5 Hummingbird Muffin w/Cheese Stick Mixed Fruit Bean & Cheese Burrito	6 Sunrise English Muffin Apricots Pasta Primavera w/Diced Ham	7 Whole Wheat Breakfast Bun Pears Chicken Patty Sandwich w/Tater Gems	Choice of ... Breakfast Special or Reduced Sugar Cereal Offered Daily: Assorted Whole Fresh Fruit Skim & 1% Milk
 <p>FALL BREAK Oct 10 to Oct 14</p> 					LUNCH Choice of... Entrée Special or M-Th Deli Sandwich w/Tortilla Chips F- Seasonal Fruit with Yogurt & Muffin 100% Fruit Juice & 1% Milk SALAD BAR Is included with every Student Lunch
10	11	12	13	14	
17 Pancakes w/Syrup & Turkey Sausage Mixed Fruit French Bread Cheese Pizza	18 Ham & Cheese Quesadilla Apricots Rotini w/Meatsauce	19 Pumpkin Muffin w/Cheese Stick Pears Baked Chicken w/Waffle Stick & Syrup	20 Whole Wheat Breakfast Bun Pineapple Chicken Fajita Bowl	21 Sausage Breakfast Pizza Applesauce Hot Dog w/Potato Wedges	100% Fruit Juice & 1% Milk SALAD BAR Is included with every Student Lunch
24 Waffle Sticks w/Syrup & Turkey Sausage Peaches Grill Cheese w/Dill Spear	25 Yogurt Prafait w/Granola Mixed Fruit Teriyaki Chicken Bowl	26 Banana Chocolate Chip Muffin w/Cheese Stick Apricots Cheese Nachos w/Jalapenos	27 Whole Wheat Breakfast Bun Pears Meatballs w/Mashed Potatoes & Gravy	28 Egg & Colby Breakfast Taco Pineapple Cheese Burger w/French Fries	 - Assorted whole fresh fruits and vegetables - Our famous Low-Fat Ranch Dressing - A variety of lean protein sources - Freshly baked Wheat Dinner Rolls
31 French Toast w/Syrup & Turkey Sausage Applesauce Chicken Nuggets					

 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