

# September



## Osborn Middle School

Monday	Tuesday	Wednesday	Thursday	Friday	<b>BREAKFAST</b>
Remember to fill out a Free & Reduced Meal Application for the new school year. Last year's applications will expire on September 22nd			1 Whole Wheat Breakfast Bun Pineapple Chicken Fajita Bowl	2 Sausage Breakfast Pizza Applesauce Hot Dog w/Potato Wedges	<b>Choice of ...</b> Breakfast Special or Reduced Sugar Cereal <b>Offered Daily:</b> Assorted Whole Fresh Fruit Skim & 1% Milk
5  <b>LABOR DAY</b>	6 Waffle Sticks w/Syrup & Turkey Sausage Mixed Fruit Teriyaki Chicken Bowl	7 Banana Chocolate Chip Muffin w/Cheese Stick Apricots Cheese Nachos w/Jalapenos	8 Yogurt Prafait w/Granola Pears Meatballs w/Mashed Potatoes & Gravy	9 Egg & Colby Breakfast Taco Pineapple Cheese Burger w/French Fries	<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
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 Pasta Primavera w/Diced Ham	16 Whole Wheat Breakfast Bun Pears Chicken Patty Sandwich w/Tater Gems	 - Assorted whole fresh fruits and vegetables - Our famous Low-Fat Ranch Dressing - A variety of lean protein sources - Freshly baked Wheat Dinner Rolls
19 Pancakes w/Syrup & Turkey Sausage Mixed Fruit French Bread Cheese Pizza	20 Ham & Cheese Quesadilla Apricots Rotini w/Meatsauce	21 Pumpkin Muffin w/Cheese Stick Pears Baked Chicken w/Waffle Stick & Syrup	22 Whole Wheat Breakfast Bun Pineapple Chicken Fajita Bowl	23 Sausage Breakfast Pizza Applesauce Hot Dog w/Potato Wedges	
26 Waffle Sticks w/Syrup & Turkey Sausage Peaches Grill Cheese w/Dill Spear	27 Yogurt Prafait w/Granola Mixed Fruit Orange Chicken Bowl	28 Banana Chocolate Chip Muffin w/Cheese Stick Apricots Cheese Nachos w/Jalapenos	29 Whole Wheat Breakfast Bun Pears Meatballs w/Mashed Potatoes & Gravy	30 Egg & Colby Breakfast Taco Pineapple Cheese Burger w/French Fries	

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

This institution is an equal opportunity provider.