

Pre-K

DECEMBER 2023

LIFETIME FOUNDATION



MON

TUE

WED

THU

FRI

December is National Pear Month!



When it comes to fiber, pears rank higher! A medium pear packs the most fiber of the 20 most popular fresh fruits! Fiber helps you feel full so you stay satisfied. The two kinds we usually eat in the cafeteria are Green Bartlett that are sweet, soft, and juicy as well as Red Anjou which are sweet and can be firm.



1 Breakfast Bagel Sandwich
Cheeseburger
Oven Fries
Applesauce

4 Turkey Sausage Breakfast Burrito
Beef Strips
Mashed Potatoes & Gravy
Mixed Fruit
Chocolate Chip Cookie

5 Fruit & Yogurt Parfait
Walking Taco
Baby Carrots
Pears

6 Hummingbird Muffin
Chicken Nuggets
Chicken Noodle Soup
Strawberry Cup

7 Turkey Sausage Pancake Wrap
Chicken Patty Sandwich
Tater Tots
Applesauce

8 Cinnamon Roll
Homemade Cheese Pizza
Steamed Broccoli
Peaches

11 Bagel & Cream Cheese
Cheese Quesadilla
Pinto Beans
Mixed Fruit

12 Very Berry Yogurt Pizza
Rotini & Meat Sauce
String Cheese
Roasted Baby Carrots
Pears

13 Blueberry Muffin
Popcorn Chicken
Pozole Soup
Pineapple

14 Turkey Sausage Biscuit Breakfast Sandwich
Pull Apart Breadsticks
Homemade Marinara
Peaches

15 Mini Waffles
Fish Nuggets
Oven Fries
Strawberry Cup

18 Oatmeal Chocolate Breakfast Bar
Chicken Tamale
String Cheese
Pinto Beans
Applesauce

19 Oatmeal Muffin
Breakfast for Lunch
Hash Browns
Pears

20 Fruit & Yogurt Parfait
Popcorn Chicken
Chicken Chili w/
White Bean Soup
Mandarin Oranges

21 Manager's Choice Breakfast
Macaroni and Cheese
Broccoli
Mixed Fruit

22 **TIME FOR A BREAK**

25

26

27

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29

WINTER Break

ANNOUNCEMENTS

Daily Breakfast

Breakfast Special
Seasonal Whole Fresh Fruit
or 100% Fruit Juice
1% or Skim Milk

Daily Lunch

Lunch Special
Seasonal Whole Fresh Fruit
Seasonal Vegetable
1% or Skim Milk

Preschool will be served family style with their class to align with curriculum.



We serve a pork-free menu

December is...
National Pear Month!

December 1st Eat a Red Apple Day
December 4th National Cookie Day
December 19th National Oatmeal Muffin Day

MEAL PRICES

Osborn Students:

All at no cost

Adults/Visitors:

Breakfast \$2.75 Lunch \$4.75
Cash/Check Accepted

Please bear with us as we deal with supply chain issues. Menu items may change due to availability. This institution is an equal opportunity provider. Questions? Call the Child Nutrition Office at 602-707-2020