

SNACK

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

Animal Crackers
String Cheese

4

Scooby Snack Crackers
Milk

5

Pretzels
Fresh Fruit

6

Chocolate Tiger Grahams
Fruit Cup

7

Strawberry & Yogurt
Chex Mix
Fruit Juice

8

Cinnamon Crisps
String Cheese

11

Strawberry Snack Bar
Milk

12

Goldfish Crackers
Fresh Fruit

13

Graham Crackers
Fruit Cup

14

Cheez It Crackers
Fruit Juice

15

Animal Crackers
String Cheese

18

Scooby Snack Crackers
Milk

19

Pretzels
Fresh Fruit

20

Chocolate Tiger Grahams
Fruit Cup

21

Strawberry & Yogurt
Chex Mix
Fruit Juice

22



25



26



WINTER Break

27

28

29



ANNOUNCEMENTS

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