

Pre-K

# SEPTEMBER 2023

**LIFE TIME**  
FOUNDATION



MON

TUE

WED

THU

FRI

HELLO  
September

September is National Potato Month!

Potatoes are a good source of fiber to keep us full and vitamin C to keep us healthy! They are also high in a nutrient called potassium, an electrolyte which aids in the working of our heart, muscles, and nervous system.

4 **HAPPY LABOR DAY!**  
USA

5 Oatmeal Chocolate Breakfast Bar  
National Cheese Pizza Day  
Cauliflower Peaches

6 Zucchini Bread Muffin  
Popcorn Chicken  
Baked Beans  
Mandarin Oranges

7 Very Berry Smoothie  
Macaroni and Cheese  
Steamed Broccoli  
Mixed Fruit

8 Fruit & Yogurt Parfait  
Breakfast for Lunch  
Hash Browns  
Pears

11 Turkey Sausage Breakfast Burrito  
Orange Chicken  
Brown Rice  
Edamame beans  
Pineapple

12 Fruit & Yogurt Parfait  
Chicken Alfredo Pasta  
Roasted Broccoli  
Mixed Fruit

13 Chocolate Cranberry Muffin  
Chicken Nuggets  
Baby Carrots  
Strawberry Cup

14 Turkey Sausage Pancake Wrap  
Bean and Cheese Burrito  
Elote Corn  
Applesauce

15 Cinnamon Roll  
Cheeseburger  
Tater Tots  
Pears

18 Bagel & Cream Cheese  
Chicken Drumstick  
Steamed Corn  
Applesauce

19 Fruit & Yogurt Parfait  
Make-Your-Own  
Cheesy Beef Meatball Sub  
Steamed Broccoli  
Peaches

20 Oatmeal Apple Muffin  
Grilled Cheese  
Tomato Soup  
Pineapple

21 Turkey Sausage Biscuit Breakfast Sandwich  
Chili Cheese Nachos  
Small Garden Salad  
Mixed Fruit

22 Mini Waffles  
Homemade Cheese Pizza  
Baby Carrots  
Strawberry Cup

25 Oatmeal Chocolate Breakfast Bar  
Chicken Egg Roll & Yakisoba Noodles  
Roasted Broccoli  
Pears

26 Very Berry Yogurt Pizza  
Chicken Pot Pie  
Steamed Corn  
Strawberry Cup

27 Banana Chocolate Chip Muffin  
Chicken Nuggets  
Small Garden Salad  
Mandarin Oranges

28 Fruit & Yogurt Smoothie  
Bean Tostada  
Baby Carrots  
Peaches

29 Breakfast Bagel Sandwich  
Cheeseburger  
Oven Fries  
Applesauce

## 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\*

Tuesday, September 5th is National Cheese Pizza 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