



MON

TUE

WED

THU

FRI

Have you tried hummus?

It's a delicious and creamy dip/spread and a great source of fiber, protein and heart-healthy fats!

5 Oatmeal Chocolate Breakfast Bar
Cheese Quesadilla
Pinto Beans
Mixed Fruit

6 Very Berry Smoothie
Teriyaki Chicken
Brown Rice
Roasted Carrots
Diced Pears

7 Maria's Sweet Vanilla Muffin String Cheese
Popcorn Chicken
Dinner Roll
Oven Fries
Frozen Fruit Cup

12 Bagel & Cream Cheese
Chicken Tamale
Pinto Beans
Applesauce

13 Strawberry Yogurt Parfait
Breakfast For Lunch
Hashbrowns
Diced Pears

14 Zucchini Bread Muffin String Cheese
Beef Hot Dog
Broccoli
Frozen Fruit Cup

19 Oatmeal Chocolate Breakfast Bar
Orange Chicken
Brown Rice
Edamame
Frozen Fruit Cup

20 Strawberry Yogurt Parfait
Chicken Alfredo Pasta
Broccoli
Mixed Fruit

21 Manager's Choice / Whole Grain Cereal Graham Crackers
Manager's Choice

1 Breakfast Bagel Sandwich
Macaroni & Cheese
Broccoli
Applesauce Cup

8 Turkey Sausage Pancake Wrap
Rotini & Meat Sauce
Parmesan Roasted
Broccoli
Diced Peaches

15 Breakfast Bagel Sandwich
Beef Picadillo
Tortilla
Baby Carrots
Mixed Fruit

22 Manager's Choice / Whole Grain Cereal Graham Crackers
Manager's Choice

2 Snack N' Waffle
Chicken Patty Sandwich
Potato Puffs
Diced Peaches

9 Whole Grain Donut Bites
Homemade Cheese Pizza
Buffalo Chipotle
Cauliflower
Applesauce Cup

16 Snack N' Waffle
Fish Nuggets
Potato Puffs
Diced Peaches

SCHOOL LUNCH
HERO DAY

LAST DAY

HELL
Summer

Mango Tango Black Bean Salsa

Ingredients:

1 mango, 1/4 c. onion, finely chopped, 1/4 c. fresh cilantro, coarsely chopped, 1 (15 oz.) can black beans, drained and rinsed, 2 T. lime juice, 1 (7 oz.) can whole kernel corn with peppers, drained, 1 tsp. garlic salt, and 1/4 tsp. ground cumin.



Directions:

Wash and peel the mango, then cut in half length wise. Throw away the seed. Cut into 3/4-inch cubes. In a medium bowl, combine all ingredients and mix well. Refrigerate until ready to use. Serve with tortilla chips.

DAILY OPTIONS

Breakfast

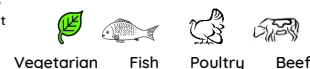
Breakfast Special
Whole Grain Cereal
with Graham Crackers
Seasonal Whole Fresh Fruit
100% Fruit Juice
1% or Skim Milk

Rotating 3rd Entrée

Monday/Thursday
Turkey Ham and Cheese Sub
Tuesday/Friday
Chicken Ranch Wrap
Wednesday
Large Garden Salad with Chicken

Lunch

Lunch Special
Peanut Butter & Jelly Sandwich
Rotating 3rd Lunch Entrée
Seasonal Whole Fresh Fruit
Crispy Garden Salad
1% or Skim Milk



We serve a pork-free menu

May is...



National Salsa Month!

May 13th National Hummus Day



MEAL PRICES

Osborn Students:

All complete meals at no cost
Milk \$0.50

Adults/Visitors:

Breakfast \$2.75

Lunch \$4.75

Cash/Check Accepted

Menu items may change due to availability. This institution is an equal opportunity provider. Questions? Call the Child Nutrition Office at 602-707-2020

SCAN
HERE!



@nutriliciousosborn