

Middle

MAY 2025



LIFE TIME
FOUNDATION

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 Chip Breakfast Bar

Chicken & Cheese Quesadilla Pinto Beans

6

Very Berry Smoothie

Teriyaki Chicken Brown Rice Roasted Carrots

7

Cranberry Orange Muffin String Cheese

Popcorn Chicken Dinner Roll Oven Fries

8

Chorizo Con Papas Tortilla

Rotini & Meat Sauce Parmesan Roasted Broccoli

9

Cinnamon Roll

Homemade Cheese Pizza Buffalo Chipotle Cauliflower

12

Homemade Egg & Cheese Taco

Chicken Tamale Pinto Beans

13

Strawberry Yogurt Parfait

Breakfast for Lunch Hashbrowns

14

Zucchini Bread Muffin String Cheese

Beef Hot Dog Calabacitas Baked Beans

15

Turkey Sausage Breakfast Burrito

Beef Picadillo Tortilla Salad Bar

16

Whole Grain Donut Bites

Fish Tacos Potato Puffs

19

Oatmeal Chocolate Chip Breakfast Bar

Orange Chicken Brown Rice Salad Bar

20

Very Berry Smoothie

Chicken Alfredo Pasta Broccoli

21

Manager's Choice / Whole Grain Cereal Graham Crackers

Manager's Choice

22

Manager's Choice / Whole Grain Cereal Graham Crackers

Manager's Choice

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

Vegetarian Fish Poultry Beef

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