

Pre-K

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 Breakfast Bar

Cheese Quesadilla
Pinto Beans
Mixed Fruit

6

Cinnamon Bun

Teriyaki Chicken
Brown Rice
Roasted Carrots
Diced Pears

7

Maria's Sweet Vanilla Muffin

Popcorn Chicken
Oven Fries
Frozen Fruit Cup

1

Pancake Chicken Sausage Sandwich

Macaroni & Cheese
Broccoli
Applesauce Cup

2

Snack N' Waffle

Chicken Patty Sandwich
Potato Puffs
Diced Peaches

SCHOOL LUNCH HERO DAY

12

Bagel & Cream Cheese

Chicken Tamale
Garden Salad
Applesauce Cup
String Cheese

13

Strawberry Yogurt Parfait

Breakfast For Lunch
Hashbrowns
Diced Pears

14

Zucchini Bread Muffin

Popcorn Chicken
Broccoli
Frozen Fruit Cup

15

Pancake Chicken Sausage Breakfast Sandwich

Beef Picadillo
Tortilla
Baby Carrots
Mixed Fruit

16

Snack N' Waffle

Fish Nuggets
Potato Puffs
Diced Peaches

19

Oatmeal Chocolate Breakfast Bar

Orange Chicken
Brown Rice
Edamame
Frozen Fruit Cup

20

Cinnamon Bun

Chicken Alfredo Pasta
Broccoli
Mixed Fruit

21

Manager's Choice / Whole Grain Cereal Graham Crackers

Manager's Choice

22

Manager's Choice / Whole Grain Cereal Graham Crackers

Manager's Choice

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

Mixed Fruit is a combo of pears, peaches, and pineapple.

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