

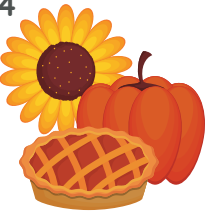


# Middle

# NOVEMBER 2023

# LIFE TIME FOUNDATION



MON	TUE	WED	THU	FRI
		1 Zucchini Bread Muffin String Cheese  Beef Hot Dog Chicken Chili w/ White Bean Soup	2 Turkey Sausage Pancake Wrap  Cheese Enchiladas Calabacitas	3 Breakfast Bagel Sandwich  Homemade Pepperoni, Cheese, & Veggie Pizza
6 Turkey Sausage Breakfast Burrito  Orange Chicken Brown Rice	7 Mini Pancakes  Bean Tostada <b>Roasted Squash</b> <b>Blue Corn Cornbread</b>	8 Chocolate Cranberry Muffin & String Cheese  Chicken Nuggets Dinner Roll Pozole	9 Chorizo Con Papas with Tortilla  Bean and Cheese Burrito Elote Corn	10 
13 Bagel & Cream Cheese  Chicken Drumstick Dinner Roll Baked Beans	14 Mini Pancakes  Cheesy Beef Meatball Sub Steamed Broccoli	15 Oatmeal Apple Muffin String Cheese  Grilled Cheese Tomato Soup	16 Oatmeal Chocolate Breakfast Bar  <b>Turkey and Gravy</b> Mashed Potatoes Green Beans Dinner Roll Pumpkin Muffin	17 Mini Waffles  Homemade Pepperoni, Cheese, & Veggie Pizza
20 Turkey Sausage Breakfast Burrito  Pull Apart Breadsticks Marinara Cup	21 Cinnamon Roll  Chicken Corn Dog Tater Tots	22 	23 	24
27 Oatmeal Chocolate Breakfast Bar  Teriyaki Chicken with Brown Rice	28 French Toast Yogurt Parfait  Chicken Pot Pie	29 Banana Chocolate Chip Muffin String Cheese  Chicken Nuggets Dinner Roll Minestrone Soup	30 Turkey Sausage Pancake Wrap  Bean Tostada Spanish Rice	

## ANNOUNCEMENTS

**Daily Breakfast**  
Breakfast Special  
Assorted Cereal  
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

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

Vegetarian   Fish   Poultry   Beef

**\*We serve a pork-free menu\***  
**November** is...

Native American Heritage Month  
Sweet Potato Awareness Month

November 16th is Osborn's TURKEY 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