

Pre-K

NOVEMBER 2023

LIFE TIME FOUNDATION



MON

TUE

WED

THU

FRI

| | | | | |
|--|---|--|---|---|
| | | 1 Zucchini Bread Muffin Popcorn Chicken Chicken Chili w/ White Bean Soup Mandarin Oranges | 2 Very Berry Smoothie Macaroni and Cheese Broccoli Mixed Fruit | 3 Breakfast Bagel Sandwich Homemade Cheese Pizza Cauliflower Peaches |
| 6 Turkey Sausage Breakfast Burrito Orange Chicken Brown Rice Edamame beans Pineapple | 7 Fruit & Yogurt Parfait Bean Tostada Roasted Squash Blue Corn Cornbread Mixed Fruit | 8 Chocolate Cranberry Muffin Chicken Nuggets Pozole Strawberry Cup | 9 Turkey Sausage Pancake Wrap Bean and Cheese Burrito Elote Corn Applesauce | 10  |
| 13 Bagel & Cream Cheese Chicken Drumstick Baked Beans Applesauce | 14 Fruit & Yogurt Parfait Make-Your-Own Cheesy Beef Meatball Sub Steamed Broccoli Peaches | 15 Oatmeal Apple Muffin Grilled Cheese Tomato Soup Pineapple | 16 Oatmeal Chocolate Breakfast Bar Turkey and Gravy Mashed Potatoes Green Beans Pumpkin Muffin | 17 Mini Waffles Homemade Cheese Pizza Baby Carrots Strawberry Cup |
| 20 Turkey Sausage Pancake Wrap Pull Apart Breadsticks Marinara Cup Peaches | 21 Cinnamon Roll Chicken Nuggets Tater Tots Fruit Variety | 22  | 23 Happy Thanksgiving  | 24 |
| 27 Oatmeal Chocolate Breakfast Bar Teriyaki Chicken with Brown Rice Roasted Broccoli Pears | 28 Very Berry Yogurt Pizza Chicken Pot Pie Steamed Corn Strawberry Cup | 29 Banana Chocolate Chip Muffin Chicken Nuggets Minestrone Soup Mandarin Oranges | 30 Fruit & Yogurt Smoothie Bean Tostada Baby Carrots Peaches | |

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

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