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December is
National Pear Month!



When it comes to fiber, pears rank higher! A medium pear packs the most fiber of the 20 most popular fresh fruits! Fiber helps you feel full so you stay satisfied. The two kinds we usually eat in the cafeteria are Green Bartlett that are sweet, soft, and juicy as well as Red Anjou which are sweet and can be firm.



4 Bagel & Cream Cheese
Beef Strips Dinner Roll
Mashed Potatoes & Gravy
Mixed Fruit
Chocolate Chip Cookie

5 Yogurt & Graham Crackers
Walking Taco
Baby Carrots
Pears

6 Hummingbird Muffin
String Cheese
Chicken Corn Dog
Chicken Noodle Soup
Strawberry Cup

7 Turkey Sausage
Pancake Sandwich
Chicken Patty Sandwich
Tater Tots
Applesauce

8 Mini Waffles
Homemade Cheese Pizza
Steamed Broccoli
Peaches

11 Oatmeal Chocolate
Breakfast Bar
Cheese Quesadilla
Pinto Beans
Mixed Fruit

12 Turkey Sausage
Pancake Wrap
Rotini & Meat Sauce
Roasted Baby Carrots
Pears

13 Blueberry Muffin
String Cheese
Popcorn Chicken
Dinner Roll
Pozole Soup
Pineapple

14 Cinnamon Bun
Pull Apart Breadsticks
Homemade Marinara
Peaches

15 Assorted Cereal
Graham Crackers
Fish Nuggets
Oven Fries
Strawberry Cup

18 Bagel & Cream Cheese
Chicken Tamale
String Cheese
Pinto Beans
Applesauce

19 Oatmeal Muffin
String Cheese
Breakfast for Lunch
Hash Browns
Pears

20 Yogurt & Graham
Crackers
Beef Hot Dog
Chicken Chili w/
White Bean Soup
Mandarin Oranges

21 Manager's Choice
Breakfast
Macaroni and Cheese
Broccoli
Mixed Fruit

22 TIME FOR A BREAK

25

26

27

28

29

WINTER Break

ANNOUNCEMENTS

Daily Breakfast

Breakfast Special
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
Rotating 3rd Lunch Entrée
Seasonal Whole Fresh Fruit
Crispy Garden Salad
1% or Skim Milk



We serve a pork-free menu

December is...
National Pear Month!

December 1st Eat a Red Apple Day
December 4th National Cookie Day
December 19th National Oatmeal Muffin 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