

# Pre-K

# MAY 2024

# LIFE TIME FOUNDATION



MON	TUE	WED	THU	FRI
<p><b>Have you tried hummus?</b></p> <p>It's a delicious and creamy dip/spread and a great source of fiber, protein and heart-healthy fats!</p>		<p>1 Carrot Cake Muffin</p> <p>Popcorn Chicken Baked Beans Peaches</p>	<p>2 Early Riser Stuffed Hashbrown</p> <p>Pull Apart Breadsticks Homemade Marinara Pears</p>	<p>3 Cinnamon Bun</p> <p>Fish Nuggets Oven Fries Mixed Fruit</p> <p><b>SCHOOL LUNCH HERO DAY</b></p>
<p>6 Oatmeal Chocolate Breakfast Bar</p> <p>Chicken Tamale String Cheese Pinto Beans Applesauce</p>	<p>7 Mini Waffles</p> <p>Breakfast for Lunch Hash Browns Peaches</p>	<p>8 Cranberry Orange Muffin</p> <p>Chicken Nuggets Baby Carrots Mandarin Oranges</p>	<p>9 Whole Grain Cereal</p> <p>Macaroni and Cheese Steamed Broccoli Mixed Fruit</p>	<p>10 Chicken Sausage Pancake Sandwich</p> <p>Homemade Cheese Pizza Cauliflower Peaches</p>
<p>13 Bagel &amp; Cream Cheese</p> <p>Cheese Quesadilla Hummus and Carrots Pineapple</p>	<p>14 Turkey Sausage Pancake Wrap</p> <p>Chicken Alfredo Pasta Broccoli Pears</p>	<p>15 Chocolate Cranberry Muffin</p> <p>Chicken Nuggets Cauliflower Mixed Fruit</p>	<p>16 Whole Grain Cereal</p> <p>Bean and Cheese Burrito Elote Corn Applesauce</p>	<p>17 Cinnamon Bun</p> <p>Cheeseburger Sweet Potato Fries Peaches</p>
<p>20 Oatmeal Chocolate Breakfast Bar</p> <p>Chicken Corn Dog Baked Beans Pears</p>	<p>21 Manager's Choice / Whole Grain Cereal</p> <p>Grilled Cheese Tater Tots Mixed Fruit</p>	<p>22 Manager's Choice / Whole Grain Cereal</p> <p>Chicken Tenders Baby Carrots Applesauce</p>	<p>23 Manager's Choice / Whole Grain Cereal</p> <p>Manager's Choice Lunch Vegetable Variety Peaches</p> <p><b>HELL-SUMMER</b></p>	

## ANNOUNCEMENTS

### Daily Breakfast

Breakfast Special  
Assorted Cereal  
Seasonal Whole Fresh Fruit  
100% Fruit Juice  
1% or Skim Milk

### Rotating 3rd Entrée

Monday/Thursday  
Turkey 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  
Crispy Garden Salad  
1% or Skim Milk



\*We serve a pork-free menu\*

**May** is...

National Salsa Month!

May 13th National Hummus 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

## 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.