


# SNACK

# SEPTEMBER 2023

**LIFE TIME**  
FOUNDATION







MON	TUE	WED	THU	FRI
<p>September is  National Potato Month!</p> <p>Potatoes are a good source of fiber to keep us full and vitamin C to keep us healthy! They are also high in a nutrient called potassium, an electrolyte which aids in the working of our heart, muscles, and nervous system.</p>				
<p>HELLO September</p>				
4 <b>HAPPY LABOR DAY!</b> USA	5 Goldfish Crackers Fresh Fruit	6 Graham Crackers Fruit Cup	7 Cheez It Crackers Fruit Juice	8 Animal Crackers String Cheese
11 Scooby Snack Crackers Milk	12 Pretzels Fresh Fruit	13 Chocolate Tiger Grahams Fruit Cup	14 Strawberry & Yogurt Chex Mix Fruit Juice	15 Cinnamon Crisps String Cheese
18 Strawberry Snack Bar Milk	19 Goldfish Crackers Fresh Fruit	20 Graham Crackers Fruit Cup	21 Cheez It Crackers Fruit Juice	22 Animal Crackers String Cheese
25 Scooby Snack Crackers Milk	26 Pretzels Fresh Fruit	27 Chocolate Tiger Grahams Fruit Cup	28 Strawberry & Yogurt Chex Mix Fruit Juice	29 Cinnamon Crisps String Cheese

## 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\*

Tuesday, September 5th is  
National Cheese Pizza 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