

NOVEMBER 2025



You can always **Pick 2**
for Breakfast in the Cafe

Choose breakfast entrée & Pick **TWO***
of the following: **fresh fruit**, **string**
cheese, **juice** or **Milk**.

*No duplicates

ACE'S CORNER

Breakfast Prices

Paid: \$2.50

Reduced: \$0.30

Lunch Prices



Paid: \$3.80

Reduced: \$0.40

Vegetarian Option offered at lunch daily

1% White & FF Chocolate Served Daily

All salads include a grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Trix, Animal Crackers, Apple & Grape Juice 3</p> <hr/> <p>Popcorn Chicken Pasta LoMein Steamed Broccoli Orange Slices</p>	<p>Cinnamon Toast Crunch Cereal Bar, Animal Crackers, Orange Wedges & Fruit Juice 4</p> <hr/> <p>Chicken Patty on a Bun w/wo Pickles Baked Beans Banana</p>	<p>Cinnamon Sugar Donut, Mixed Berry Applesauce & Orange Juice 5</p> <hr/> <p>Hot Dog w/wo Pickles Celery Sticks Apple</p>	<p>Chocolate Chip BK Round, Diced Peaches & Fruit Juice 6</p> <hr/> <p>Waffles w/wo Sausage Links Red Pepper Strips Orange Wedges</p>	<p>Strawberry Pop Tart, String Cheese, Craisins & Apple Juice 7</p> <hr/> <p>Cheese Pizza Cucumber Slices Grape Juice</p>
<p>Lucky Charms, String Cheese, Apple & Grape Juice 10</p> <hr/> <p>Bosco Sticks w/ Marinara Red Pepper Strips Orange Wedges</p>	<p>Veteran's Day</p>	<p>Cereal Bar, Orange Wedges & Fruit Juice 12</p> <hr/> <p>Pancakes w/wo Sausage Patty Steamed Baby Carrots Apple</p>	<p>Chocolate Filled Donut Holes, Applesauce & Grape Juice 13</p> <hr/> <p>Chicken Tenders w/wo Breadstick Celery Sticks Strawberry Craisins</p>	<p>Cocoa Puffs, Goldfish, Banana & Orange Juice 14</p> <hr/> <p>Pepperoni Pizza Corn Applesauce</p>
<p>Cinnamon BK Round, Craisins & Grape Juice 17</p> <hr/> <p>Turkey Barbacoa Tacos Refried Beans Apple</p>	<p>Lucky Charms, String Cheese, Orange Wedges & Ruby Rush Juice 18</p> <hr/> <p>French Toast Sticks w/wo Sausage Patty Red Pepper Strips Grape Juice</p>	<p>Trix Cereal Bar, Cheez It's, Banana & Fruit Juice 19</p> <hr/> <p>Chicken Nuggets w/wo Breadstick Mashed Potatoes Applesauce</p>	<p>Fudge Pop Tart, Animal Crackers, Watermelon Craisins & Orange Juice 20</p> <hr/> <p>Orange Chicken w/ Egg Fried Rice Steamed Carrots Apple</p>	<p>Cinnamon Toast Crunch Cereal, String Cheese, Apple Slices & Grape Juice 21</p> <hr/> <p>Cheese Pizza Mixed Veggies Orange Wedges</p>
<p>Chocolate Donut, Craisins & Fruit Juice 24</p> <hr/> <p>Chicken Drumstick w/wo Roll Mashed Potatoes Blue Raspberry Applesauce</p> <p></p>	<p>Double Chocolate Muffin, String Cheese, Orange Slices & Grape Juice 25</p> <hr/> <p>Half Day Uncrustable Apple Baby Carrots Milk</p>	<p>No School</p>	<p>No School</p>	<p>No School</p>
				<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com</p>

TASTE THE SUNSET

Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.

DISCOVER: TANGERINES

A close cousin of the mandarin orange, these citrusy sunshine fruits range from sweet to tart. In season late October through January, tangerines are a low-calorie snack bursting with vitamins, fiber, and antioxidants.



MANGOES: Hearty dose of folate, fiber, & vitamins C & A

Peak Season:
May–September



PUMPKINS: Loaded with fiber, protein, & vitamins K & C

Peak Season:
September–November



CHALLENGE OF THE MONTH: MAKE A HAPPINESS BOX



A happiness box is a great resource for when you feel worried, anxious, or scared. Decorate an old shoebox with bright colors and other happy things. Then fill the box with things that make you happy— a favorite book, photos that make you smile, pieces of candy, a soft toy, a letter from a loved one, etc. Now whenever you need a pick-me-up, your happiness box can help you feel better.



ACE'S RECIPE OF THE MONTH:

AUTUMN FRUIT SALAD*

Serves 4

INGREDIENTS:

- 6 Oranges
- 1 Pomegranate
- Sprinkle of sugar
- 1 Teaspoon of ground cinnamon
- 1 Cup concord grape juice
- Splash of lemon juice
- 2 Cinnamon sticks
- 1 tablespoon of honey



PREPARATION:

1. Peel the oranges, removing as much of the white parts as possible.
2. Cut oranges into slices and place in a serving bowl.
3. Add pomegranate seeds, sugar, cinnamon, and cranberry and lemon juices, and mix gently.
4. Then add the cinnamon sticks and the honey and keep in the fridge until serving.



***DO NOT attempt to cook or slice without adult supervision.**