

# 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



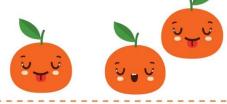
Vegetarian Option offered at lunch daily 1		% White & FF Chocolate Served Daily All salad		s include a grain
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Trix, Animal Crackers, Apple & <b>3</b> Grape Juice Popcorn Chicken Pasta LoMein Steamed Broccoli Orange Slices	Cinnamon Toast Crunch Cereal Bar, Animal Crackers, Orange Wedges & Fruit Juice  Chicken Patty on a Bun w/wo Pickles Baked Beans Banana	Cinnamon Sugar Donut, Mixed 5 Berry Applesauce & Orange Juice Hot Dog w/wo Pickles Celery Sticks Apple	Chocolate Chip BK Round, Diced6 Peaches & Fruit Juice Waffles w/wo Sausage Links Red Pepper Strips Orange Wedges	Strawberry Pop Tart, String Cheese, Craisins & Apple Juice Cheese Pizza Cucumber Slices Grape Juice
Lucky Charms, String Cheese, 10 Apple & Grape Juice Bosco Sticks w/ Marinara Red Pepper Strips Orange Wedges	Veteran's Day	Cereal Bar, Orange Wedges & 12 Fruit Juice Pancakes w/wo Sausage Patty Steamed Baby Carrots Apple	Chocolate Filled Donut Holes, Applesauce & Grape Juice  Chicken Tenders w/wo Breadstick Celery Sticks Strawberry Craisins	Cocoa Puffs, Goldfish, Banana & 4 Orange Juice Pepperoni Pizza Corn Applesauce
Cinnamon BK Round, Craisins & Grape Juice  Turkey Barbacoa Tacos Refried Beans Apple	Lucky Charms, String Cheese, 18 Orange Wedges & Ruby Rush Juice French Toast Sticks w/wo Sausage Patty Red Pepper Strips Grape Juice	Trix Cereal Bar, Cheez It's, Banana & Fruit Juice Chicken Nuggets w/wo Breadstick Mashed Potatoes Applesauce	Fudge Pop Tart, Animal Crackers Watermelon Craisins & Orange Juice Orange Chicken w/ Egg Fried Rice Steamed Carrots Apple	Cinnamon Toast Crunch Cereal, 21 String Cheese, Apple Slices & Grape Juice Cheese Pizza Mixed Veggies Orange Wedges
Chocolate Donut, Craisins & 24 Fruit Juice  Chicken Drumstick w/wo Roll Mashed Potatoes Blue Raspberry Applesauce  Friends giving!	Double Chocolate Muffin, String 25 Cheese, Orange Slices & Grape Juice  Half Day Uncrustable Apple Baby Carrots Milk	No School	No School	No School
			ACE.	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com

# 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



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

Peak Season:
SeptemberNovember



## 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.