

NOVEMBER 2025

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

Choose entrée & Pick TWO* of the following: **fresh fruit**, **fresh veggies/hot veggie**, **juice** or **Milk**.

*No duplicates

ACE'S CORNER

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
Popcorn Chicken Pasta LoMein Pizza Salad MYO Pizza Kit Steamed Broccoli, Baby Carrots, Orange Slices & Fruit Juice 3	Chicken Patty on a Bun w/o Pickles Uncrustable Baked Beans, Broccoli, Banana & Apple Juice 4	Hot Dog w/o Pickles Ham & Cheese Sandwich Egg Chef Salad Corn, Celery Sticks, Apple & Grape Juice 5	Waffles w/o Sausage Links Cheesy Romain Salad Tater Tots, Red Pepper Strips, Orange Wedges & Ruby Rush Juice 6	Cheese Pizza Ace's Pretzel Pack Green Beans, Cucumber Slices, Apricots & Grape Juice 7
Bosco Sticks w/ Marinara MYO Pizza Kit French Fries, Red Pepper Strips, Orange Wedges & Apple Juice 10	Veteran's Day 11	Pancakes w/o Sausage Patty Uncrustable Steamed Baby Carrots, Broccoli, Apple & Grape Juice 12	Chicken Tenders w/o Breadstick Turkey Chef Salad Ace's Pretzel Pack Baked Beans, Celery Sticks, Strawberry Craisins & Ruby Rush Juice 13	Pepperoni Pizza Ace's Cereal Kit Corn, Cucumber Slices, Applesauce & Fruit Juice 14
Turkey Barbacoa Tacos Ham & Cheese Sandwich MYO Pizza Kit Refried Beans, Broccoli, Apple & Fruit Juice 17	French Toast Sticks w/o Sausage Patty Cheesy Romaine Salad Corn, Red Pepper Strips, Warm Cinnamon Peaches & Orange Juice 18	Chicken Nuggets w/o Breadstick Apple Salad Mashed Potatoes w/ Gravy, Cucumber Slices, Applesauce & Ruby Rush Juice 19	Orange Chicken w/ Egg Fried Rice Pizza Salad Uncrustable Steamed Carrots, Celery Sticks, Apple & Fruit Juice 20	Cheese Pizza Ace's Pretzel Pack Mixed Veggies, Baby Carrots, Orange Wedges & Apple Juice 21
Chicken Drumstick w/o Roll Apple Salad Mashed Potatoes, Pepper Strips, Blue Raspberry Applesauce & Ruby Rush Juice 24 	Half Day 25	No School 26	No School 27	No School 28
				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

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.**