


NOVEMBER 2025

 **2** 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
3 Popcorn Chicken Pasta LoMein Pepperoni Pizza MYO Pizza Kit Steamed Broccoli, Baby Carrots, Orange Slices & Fruit Juice	4 Chicken Patty on a Bun w/o Pickles Cheese Pizza Uncrustable Baked Beans, Broccoli, Banana & Apple Juice	5 Hot Dog w/o Pickles Pepperoni Pizza Egg Chef Salad Corn, Celery Sticks, Apple & Grape Juice	6 Waffles w/o Sausage Links Cheese Pizza Cheesy Romain Salad Tater Tots, Red Pepper Strips, Orange Wedges & Ruby Rush Juice	7 Tater Tot Nachos Pepperoni Pizza Ace's Pretzel Pack Green Beans, Cucumber Slices, Apricots & Grape Juice
10 Bosco Sticks w/ Marinara Cheese Pizza MYO Pizza Kit French Fries, Red Pepper Strips, Orange Wedges & Apple Juice	11 Veteran's Day	12 Pancakes w/o Sausage Patty Cheese Pizza Uncrustable Steamed Baby Carrots, Broccoli, Apple & Grape Juice	13 Chicken Tenders w/o Breadstick Pepperoni Pizza Ace's Pretzel Pack Baked Beans, Celery Sticks, Strawberry Craisins & Ruby Rush Juice	14 Spicy Popcorn Chicken w/o Breadstick Cheese Pizza Ace's Cereal Kit Corn, Cucumber Slices, Applesauce & Fruit Juice
17 Turkey Barbacoa Tacos Pepperoni Pizza MYO Pizza Kit Refried Beans, Broccoli, Apple & Fruit Juice	18 French Toast Sticks w/o Sausage Patty Cheese Pizza Cheesy Romaine Salad Corn, Red Pepper Strips, Warm Cinnamon Peaches & Orange Juice	19 Chicken Nuggets w/o Breadstick Pepperoni Pizza Apple Salad Mashed Potatoes w/ Gravy, Cucumber Slices, Applesauce & Ruby Rush Juice	20 Orange Chicken w/ Egg Fried Rice Cheese Pizza Uncrustable Steamed Carrots, Celery Sticks, Apple & Fruit Juice	21 Spicy Chicken Sandwich Pepperoni Pizza Ace's Pretzel Pack Mixed Veggies, Baby Carrots, Orange Wedges & Apple Juice
24 Chicken Drumstick w/o Roll Cheese Pizza Apple Salad Mashed Potatoes, Pepper Strips, Blue Raspberry Applesauce & Ruby Rush Juice 	25 Half Day	26 No School	27 No School	28 No School
				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.**