

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>Caramel Cinni Minnis, Apple & Grape Juice 3</p> <hr/> <p>Popcorn Chicken Pasta LoMein Pizza Salad MYO Pizza Kit Steamed Broccoli, Baby Carrots, Orange Slices & Fruit Juice</p>	<p>Cinnamon Toast Crunch Cereal 4 Bar, Animal Crackers, Orange Wedges & Fruit Juice</p> <hr/> <p>Chicken Patty on a Bun w/wo Pickles Uncrustable Baked Beans, Broccoli, Banana & Apple Juice</p>	<p>Cinnamon Sugar Donut, Mixed Berry Applesauce & Orange Juice 5</p> <hr/> <p>Hot Dog w/wo Pickles Ham & Cheese Sandwich Egg Chef Salad Corn, Celery Sticks, Apple & Grape Juice</p>	<p>Tony's BK Pizza, Diced Peaches & Fruit Juice 6</p> <hr/> <p>Waffles w/wo Sausage Links Cheesy Romain Salad Tater Tots, Red Pepper Strips, Orange Wedges & Ruby Rush Juice</p>	<p>Strawberry Pop Tart, String Cheese, Craisins & Apple Juice 7</p> <hr/> <p>Cheese Pizza Ace's Pretzel Pack Green Beans, Cucumber Slices, Apricots & Grape Juice</p>
<p>Mini Confetti Pancakes, Mixed Fruit & Grape Juice 10</p> <hr/> <p>Bosco Sticks w/ Marinara MYO Pizza Kit French Fries, Red Pepper Strips, Orange Wedges & Apple Juice</p>	<p>11</p> <p>Veteran's Day</p>	<p>Cherry Frudel, Orane Wedges & 12 Fruit Juice</p> <hr/> <p>Pancakes w/wo Sausage Patty Uncrustable Steamed Baby Carrots, Broccoli, Apple & Grape Juice</p>	<p>Chocolate Filled Donut Holes, 13 Apricots & Grape Juice</p> <hr/> <p>Chicken Tenders w/wo Breadstick Turkey Chef Salad Ace's Pretzel Pack Baked Beans, Celery Sticks, Strawberry Craisins & Ruby Rush Juice</p>	<p>Mini Maple Pancakes, Apple & 14 Orange Juice</p> <hr/> <p>Pepperoni Pizza Ace's Cereal Kit Corn, Cucumber Slices, Applesauce & Fruit Juice</p>
<p>Eggoji Waffles, Mixed Fruit & 17 Grape Juice</p> <hr/> <p>Turkey Barbacoa Tacos Ham & Cheese Sandwich MYO Pizza Kit Refried Beans, Broccoli, Apple & Fruit Juice</p>	<p>Sausage Biscuit, Orange 18 Wedges & Ruby Rush Juice</p> <hr/> <p>French Toast Sticks w/wo Sausage Patty Cheesy Romaine Salad Corn, Red Pepper Strips, Warm Cinnamon Peaches & Orange Juice</p>	<p>Cinnamon Roll, Banana & Fruit 19 Juice</p> <hr/> <p>Chicken Nuggets w/wo Breadstick Apple Salad Mashed Potatoes w/ Gravy, Cucumber Slices, Applesauce & Ruby Rush Juice</p>	<p>Pancakes, Watermelon Craisins 20 & Orange Juice</p> <hr/> <p>Orange Chicken w/ Egg Fried Rice Pizza Salad Uncrustable Steamed Carrots, Celery Sticks, Apple & Fruit Juice</p>	<p>Cinnamon Toast Crunch Pastry, 21 Apple Slices & Grape Juice</p> <hr/> <p>Cheese Pizza Ace's Pretzel Pack Mixed Veggies, Baby Carrots, Orange Wedges & Apple Juice</p>
<p>Chocolate Donut, Craisins & 24 Fruit Juice</p> <hr/> <p>Chicken Drumstick w/wo Roll Apple Salad Mashed Potatoes, Pepper Strips, Blue Raspberry Applesauce & Ruby Rush Juice</p>	<p>Double Chocolate Muffin, String 25 Cheese, Orange Slices & Grape Juice</p> <hr/> <p>Half Day Uncrustable Apple Baby Carrots Milk</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>No School</p>
<p>Friends giving!</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.**