

## 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

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www.aramark.com

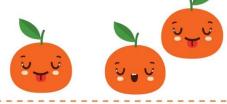
Vegetarian Option offered at lunch daily 1		% White & FF Chocolate Served Daily A		All salads include a grain	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Caramel Cinni Minnis, Apple & <b>3</b> Grape Juice	Cinnamon Toast Crunch Cereal 4 Bar, Animal Crackers, Orange Wedges & Fruit Juice	Cinnamon Sugar Donut, Mixed 5 Berry Applesauce & Orange Juice	Tony's BK Pizza, Diced Peaches 6 & Fruit Juice	Strawberry Pop Tart, String Cheese, Craisins & Apple Juice 7	
Popcorn Chicken Pasta LoMein Pizza Salad MYO Pizza Kit Steamed Broccoli, Baby Carrots, Orange Slices & Fruit Juice	Chicken Patty on a Bun w/wo Pickles Uncrustable Baked Beans, Broccoli, Banana & Apple Juice	Hot Dog w/wo Pickles Ham & Cheese Sandwich Egg Chef Salad Corn, Celery Sticks, Apple & Grape Juice	Waffles w/wo Sausage Links Cheesy Romain Salad Tater Tots, Red Pepper Strips, Orange Wedges & Ruby Rush Juice	Cheese Pizza Ace's Pretzel Pack Green Beans, Cucumber Slices, Apricots & Grape Juice	
Mini Confetti Pancakes, Mixed 10 Fruit & Grape Juice	11	Cherry Frudel, Orane Wedges &12 Fruit Juice	Chocolate Filled Donut Holes, Apricots & Grape Juice	Mini Maple Pancakes, Apple & 14 Orange Juice	
Bosco Sticks w/ Marinara MYO Pizza Kit French Fries, Red Pepper Strips, Orange Wedges & Apple Juice	Veteran's Day	Pancakes w/wo Sausage Patty Uncrustable Steamed Baby Carrots, Broccoli, Apple & Grape Juice	Chicken Tenders w/wo Breadstick Turkey Chef Salad Ace's Pretzel Pack Baked Beans, Celery Sticks, Strawberry Craisins & Ruby Rush Juice	Pepperoni Pizza Ace's Cereal Kit Corn, Cucumber Slices, Applesauce & Fruit Juice	
Eggoji Waffles, Mixed Fruit & 17 Grape Juice	Sausage Biscuit, Orange Wedges & Ruby Rush Juice	Cinnamon Roll, Banana & Fruit 19 Juice	Pancakes, Watermelon Craising O & Orange Juice	Cinnamon Toast Crunch Pastry, 21 Apple Slices & Grape Juice	
Turkey Barbacoa Tacos Ham & Cheese Sandwich MYO Pizza Kit Refried Beans, Broccoli, Apple & Fruit Juice	French Toast Sticks w/wo Sausage Patty Cheesy Romaine Salad Corn, Red Pepper Strips, Warm Cinnamon Peaches & Orange Juice	Chicken Nuggets w/wo Breadstick  Apple Salad  Mashed Potatoes w/ Gravy, Cucumber Slices, Applesauce & Ruby Rush Juice	Orange Chicken w/ Egg Fried Rice Pizza Salad Uncrustable Steamed Carrots, Celery Sticks, Apple & Fruit Juice	Cheese Pizza Ace's Pretzel Pack Mixed Veggies, Baby Carrots, Orange Wedges & Apple Juice	
Chocolate Donut, Craisins & 24 Fruit Juice	Double Chocolate Muffin, String 25 Cheese, Orange Slices & Grape Juice	26	27	28	
Chicken Drumstick w/wo Roll	Half Day	No	No	No	
Apple Salad Mashed Potatoes, Pepper Strips, Blue Raspberry Applesauce & Ruby Rush Juice	Uncrustable Apple Baby Carrots Milk	School	School	School	
giving!			ACE	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @	

# 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.