

## 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



www.aramark.com

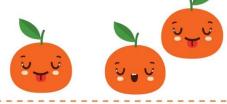
Vegetarian Option offered at lunch daily		1% White & FF Chocolate Served Daily All sa		s include a grain
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Caramel Cinni Minnis, Apple & Grape Juice  Popcorn Chicken Pasta LoMein MYO Pizza Kit Steamed Broccoli Orange Slices	Cinnamon Toast Crunch Cereal Bar, Animal Crackers, Orange Wedges & Fruit Juice Chicken Patty on a Bun w/wo Pickles Uncrustable Baked Beans Banana	Cinnamon Sugar Donut, Mixed 5 Berry Applesauce & Orange Juice  Hot Dog w/wo Pickles Egg Chef Salad Celery Sticks Apple	Tony's BK Pizza, Diced Peaches 6 & Fruit Juice Waffles w/wo Sausage Links Cheesy Romain Salad Red Pepper Strips Orange Wedges	Strawberry Pop Tart, String Cheese, Craisins & Apple Juice Cheese Pizza Ace's Pretzel Pack Cucumber Slices Grape Juice
Mini Confetti Pancakes, Apple & (Grape Juice  Bosco Sticks w/ Marinara  MYO Pizza Kit  Red Pepper Strips  Orange Wedges	Veteran's Day	Cherry Frudel, Orange Wedges \$2 Fruit Juice Pancakes w/wo Sausage Patty Uncrustable Steamed Baby Carrots Apple	Chocolate Filled Donut Holes, Applesauce & Grape Juice  Chicken Tenders w/wo Breadstick Ace's Pretzel Pack Celery Sticks Strawberry Craisins	Mini Maple Pancakes, Banana &14 Orange Juice Pepperoni Pizza Ace's Cereal Kit Corn Applesauce
Eggoji Waffles, Craisins & 17 Grape Juice  Turkey Barbacoa Tacos  MYO Pizza Kit Refried Beans Apple	Sausage Biscuit, Orange Wedges & Ruby Rush Juice French Toast Sticks w/wo Sausage Patty Cheesy Romaine Salad Red Pepper Strips Grape Juice	Cinnamon Roll, Banana & Fruit 19 Juice Chicken Nuggets w/wo Breadstick Apple Salad Mashed Potatoes Applesauce	Pancakes, Watermelon Craising O & Orange Juice  Orange Chicken w/ Egg Fried Rice Uncrustable Steamed Carrots Apple	Cinnamon Toast Crunch Pastry, 21 Apple Slices & Grape Juice Cheese Pizza Ace's Pretzel Pack Mixed Veggies Orange Wedges
Chocolate Donut, Craisins & 24 Fruit Juice  Chicken Drumstick w/wo Roll Apple Salad Mashed Potatoes Blue Raspberry Applesauce	Double Chocolate Muffin, String 25 Cheese, Orange Slices & Grape Juice  Half Day Uncrustable Apple Baby Carrots Milk	No School	No School	No 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.