

# 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 &amp; Grape Juice <b>3</b></p> <hr/> <p>Popcorn Chicken Pasta LoMein <b>MYO Pizza Kit</b> Steamed Broccoli Orange Slices</p>	<p>Cinnamon Toast Crunch Cereal Bar, Animal Crackers, Orange Wedges &amp; Fruit Juice <b>4</b></p> <hr/> <p>Chicken Patty on a Bun w/wo Pickles <b>Uncrustable</b> Baked Beans Banana</p>	<p>Cinnamon Sugar Donut, Mixed Berry Applesauce &amp; Orange Juice <b>5</b></p> <hr/> <p>Hot Dog w/wo Pickles <b>Egg Chef Salad</b> Celery Sticks Apple</p>	<p>Tony's BK Pizza, Diced Peaches &amp; Fruit Juice <b>6</b></p> <hr/> <p>Waffles w/wo Sausage Links <b>Cheesy Romain Salad</b> Red Pepper Strips Orange Wedges</p>	<p>Strawberry Pop Tart, String Cheese, Craisins &amp; Apple Juice <b>7</b></p> <hr/> <p>Cheese Pizza <b>Ace's Pretzel Pack</b> Cucumber Slices Grape Juice</p>
<p>Mini Confetti Pancakes, Apple &amp; Grape Juice <b>10</b></p> <hr/> <p>Bosco Sticks w/ Marinara <b>MYO Pizza Kit</b> Red Pepper Strips Orange Wedges</p>	<p><b>Veteran's Day</b></p>	<p>Cherry Frudel, Orange Wedges &amp; Fruit Juice <b>12</b></p> <hr/> <p>Pancakes w/wo Sausage Patty <b>Uncrustable</b> Steamed Baby Carrots Apple</p>	<p>Chocolate Filled Donut Holes, Applesauce &amp; Grape Juice <b>13</b></p> <hr/> <p>Chicken Tenders w/wo Breadstick <b>Ace's Pretzel Pack</b> Celery Sticks Strawberry Craisins</p>	<p>Mini Maple Pancakes, Banana &amp; Orange Juice <b>14</b></p> <hr/> <p>Pepperoni Pizza <b>Ace's Cereal Kit</b> Corn Applesauce</p>
<p>Eggoji Waffles, Craisins &amp; Grape Juice <b>17</b></p> <hr/> <p>Turkey Barbacoa Tacos <b>MYO Pizza Kit</b> Refried Beans Apple</p>	<p>Sausage Biscuit, Orange Wedges &amp; Ruby Rush Juice <b>18</b></p> <hr/> <p>French Toast Sticks w/wo Sausage Patty <b>Cheesy Romaine Salad</b> Red Pepper Strips Grape Juice</p>	<p>Cinnamon Roll, Banana &amp; Fruit Juice <b>19</b></p> <hr/> <p>Chicken Nuggets w/wo Breadstick <b>Apple Salad</b> Mashed Potatoes Applesauce</p>	<p>Pancakes, Watermelon Craisins &amp; Orange Juice <b>20</b></p> <hr/> <p>Orange Chicken w/ Egg Fried Rice <b>Uncrustable</b> Steamed Carrots Apple</p>	<p>Cinnamon Toast Crunch Pastry, Apple Slices &amp; Grape Juice <b>21</b></p> <hr/> <p>Cheese Pizza <b>Ace's Pretzel Pack</b> Mixed Veggies Orange Wedges</p>
<p>Chocolate Donut, Craisins &amp; Fruit Juice <b>24</b></p> <hr/> <p><b>Chicken Drumstick w/wo Roll</b> <b>Apple Salad</b> Mashed Potatoes Blue Raspberry Applesauce</p>	<p>Double Chocolate Muffin, String Cheese, Orange Slices &amp; Grape Juice <b>25</b></p> <hr/> <p><b>Half Day</b> Uncrustable Apple Baby Carrots Milk</p>	<p><b>No School</b></p>	<p><b>No School</b></p>	<p><b>No School</b></p>
<p><b>Friends giving!</b></p>				<p><b>Now Hiring!!</b> Food Service is Hiring! <b>Work While Kids are in School</b> <b>Great Benefits</b> Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></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.**