

# November 2024

## Daily Fruit & Veg Options\*:

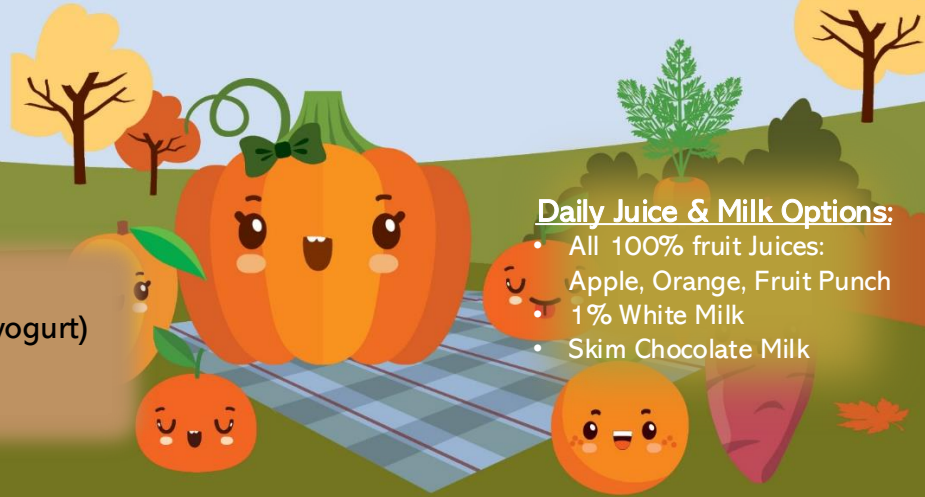
- Monday- Apple slices, Baby carrots
- Tuesday- Grapes, Sliced Cucumber
- Wednesday- Applesauce, Celery sticks
- Thursday- Banana, Baby carrots
- Friday- Apple slices, Broccoli

## Offered Daily:

- Pretzel Pack (WG pretzel, string cheese, and yogurt)
- Sun butter & Jelly Sandwich
- Deli Sandwich (with or without meat)

## Daily Juice & Milk Options:

- All 100% fruit Juices: Apple, Orange, Fruit Punch
- 1% White Milk
- Skim Chocolate Milk



Meal Price: \$2.95

\*\*Please notify staff about any allergy/ ingredient concerns\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 <b>BBQ Meatballs</b> <b>Cheeseburger</b> <i>Fries</i> <b>Garden Salad</b>	29 <b>Beef Walking Tacos</b> <b>Cheeseburger</b> <i>Black Beans</i> <b>Garden Salad</b>	30 <b>Cheese</b> or <b>Pepperoni Pizza</b> <b>Cheeseburger</b> <i>Peas</i> <b>Garden Salad</b>	31 <b>Pumpkin Spice</b> <b>Chicken &amp; Waffles</b> <b>Cheeseburger</b> <i>5 Blend Veg</i> <b>Garden Salad</b> <i>Halloween Treat</i>	1 
4 <b>Penne Alfredo</b> <b>with Chicken</b> <b>Popcorn Chicken</b> <i>Broccoli</i> <b>Southwest Salad</b>	5  <b>No School</b>	6 <b>Cheese</b> or <b>Pepperoni Pizza</b> <b>Popcorn Chicken</b> <i>Green Beans</i> <b>Southwest Salad</b>	7 <b>French Toast &amp;</b> <b>Turkey Sausage</b> <b>Popcorn Chicken</b> <i>Tater Tots</i> <b>Southwest Salad</b>	8 <b>Grilled Cheese</b> <b>&amp; Tomato Soup</b> <b>Popcorn Chicken</b> <i>Corn</i> <b>Southwest Salad</b>
11 <b>Hot Dog</b> <b>Pizza Max Sticks</b> <i>Fries</i> <b>Popcorn Chicken Salad</b>	12 <b>Nachos</b> <b>Pizza Max Sticks</b> <i>Pinto Beans</i> <b>Popcorn Chicken Salad</b>	13 <b>Cheese</b> or <b>Pepperoni Pizza</b> <b>Pizza Max Sticks</b> <i>Mixed Veggies</i> <b>Popcorn Chicken Salad</b>	14 <b>Harvest Pancakes &amp;</b> <b>Turkey Sausage</b> <b>Pizza Max Sticks</b> <i>Potato Smiles</i> <b>Popcorn Chicken Salad</b>	15 <b>Fish Sticks</b> <b>and</b> <b>Mac &amp; Cheese</b> <b>Pizza Max Sticks</b> <i>Peas</i> <b>Popcorn Chicken Salad</b>
18 <b>Pizza Crunchers</b> <b>Chicken Patty Sand.</b> <i>Sliced Carrots</i> <b>Egg Chef Salad</b>	19 <b>Chicken</b> or <b>Cheese Quesadilla</b> <b>Popcorn Chicken</b> <i>Black Beans</i> <b>Egg Chef Salad</b>	20 <b>Cheese</b> or <b>Pepperoni Pizza</b> <b>Chicken Patty Sand.</b> <i>Green Beans</i> <b>Egg Chef Salad</b>	21 <b>Waffles &amp;</b> <b>Turkey Sausage</b> <b>Chicken Patty Sand.</b> <i>5 Blend Veg</i> <b>Egg Chef Salad</b>	22 <i>Thanksgiving Fest</i> <b>Turkey w/ Gravy</b> <b>Mashed Potatoes &amp;</b> <b>Corn Poppers</b> <i>Warm Apples</i> <b>Egg Chef Salad</b>
25 	26 	27  <b>No School</b>	28  <b>No School</b>	29  <b>No School</b>

# 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.