



PARKWAY NOVEMBER 2022



PICK 2

ACE'S CORNER

Lunch Prices
 Paid: \$2.70
 Reduced: \$0.40
 Adult \$4.65
 Milk w/o meal: \$0.45

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| <p>XX</p> <p>Beef Tacos Chicken Patty Peach Yogurt Parfait</p> <p>Corn OR Baby Carrots Apple OR Peaches</p> <p>1</p> | <p>XX</p> <p>Hamburger Bosco Sticks Ham & Cheese Sub</p> <p>Cucumbers OR Carrots Pears OR Orange</p> <p>2</p> | <p>XX</p> <p>French Toast Sticks w/ Sausage BBQ Chicken Sandwich Chicken Chef Salad</p> <p>Hashbrowns OR Green Beans Peaches OR Applesauce</p> <p>3</p> | <p>XX</p> <p>Cheese Pizza Fish Sticks Pretzel, Cheese, & Yogurt Pack</p> <p>Mixed Fruit OR Juice Sweet Potato Fries OR Peas</p> <p>4</p> | |
| <p>XX</p> <p>Chicken Nuggets Cheeseburger Muffin, Cheese, & Yogurt Pack</p> <p>Baby Carrots OR Fries Mixed Fruit OR Juice</p> <p>7</p> | <p>XX</p> <p>Chicken Nachos BBQ Pork Rib Sandwich Turkey & Cheese Sub</p> <p>Corn OR Broccoli Apples OR Peaches</p> <p>8</p> | <p>XX</p> <p>Cinnamon Toast Crunch Pastry Hot Dog Sun Butter & Jelly Sandwich</p> <p>Baked Beans OR Corn Peaches OR Pears</p> <p>9</p> | <p>XX</p> <p>Waffles w/ Eggs Mini Corn Dogs Chicken Caesar Wrap</p> <p>Carrots OR Cucumbers Strawberries OR Mixed Fruit</p> <p>10</p> | <p>NO SCHOOL!</p> <p>11</p> |
| <p>XX</p> <p>Popcorn Chicken Meatball Sub Muffin, Cheese & Yogurt Pack</p> <p>Mashed Potatoes OR Corn Juice OR Peaches</p> <p>14</p> | <p>XX</p> <p>Chicken Tacos Hamburger Sun Butter & Jelly Sandwich</p> <p>Broccoli OR Garbanzo Beans Apples OR Pears</p> <p>15</p> | <p>XX</p> <p>Chicken Patty Cheeseburger Ham & Cheese Sub</p> <p>Green Beans OR Corn Peaches OR Banana</p> <p>16</p> | <p>XX</p> <p>Pancakes w/ Sausage Ham & Cheese Melt Taco Salad</p> <p>Carrots OR Corn Applesauce OR Peaches</p> <p>17</p> | <p>XX</p> <p>Cheese Pizza Fish Patty Melt Pretzel, Cheese, & Yogurt Pack</p> <p>Peas OR Baked Beans Juice OR Mixed Fruit</p> <p>18</p> |
| <p>XX</p> <p>NO SCHOOL!</p> <p>21</p> | <p>XX</p> <p>NO SCHOOL!</p> <p>22</p> | <p>XX</p> <p>NO SCHOOL!</p> <p>23</p> | <p>HAPPY THANKSGIVING!</p> <p>24</p> | <p>XX</p> <p>NO SCHOOL!</p> <p>25</p> |
| <p>XX</p> <p>Donut w/ Eggs Hot Dog Muffin, Cheese, & Yogurt Pack</p> <p>Baby Carrots OR Broccoli Peaches OR Juice</p> <p>28</p> | <p>XX</p> <p>Beef Tacos Chicken Patty Peach Yogurt Parfait</p> <p>Corn OR Pinto Beans Mixed Fruit OR Peaches</p> <p>29</p> | <p>XX</p> <p>BBQ Pork Rib Sandwich Popcorn Chicken Turkey & Cheese Sub</p> <p>Celery OR Baked Beans Pears OR Applesauce</p> <p>30</p> | <p>XX</p> | <p>XX</p> |

ROOT-IMENTARY FACTS

Sweet potatoes, or *Ipomoea batatas*, are orange-fleshed potatoes that grow underground as tuberous roots. On top of being a healthy yet sweeter dish that is delicious with marshmallows, they are a great source of beta-carotene, vitamin A, vitamin C, and are full of calcium, potassium, iron, and fiber. With over 260 million sweet potatoes harvested globally each year, sweet potatoes are considered a staple crop. Mashed, fried, candied, or baked, these yummy, wholesome veggies are always a-peeling!



ACTIVITY: THANKSGIVING WORD SEARCH

CIRCLE the 12 hidden words. Each word will only be circled once. Words may be horizontal, vertical, or diagonal. No words will be backwards.

- happy thanksgiving
- gobble
- feast
- pumpkin
- harvest
- squash
- cranberry
- sweet potatoes
- stuffing
- mayflower
- turkey
- fall

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| t | c | r | v | b | b | a | i | h | l | h | l | u | f | i | v | e | y | e |
| o | s | w | e | e | t | p | o | t | a | t | o | e | s | k | z | u | f | a |
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| h | a | p | p | y | t | h | a | n | k | s | g | i | v | i | n | g | l | k |

I YAM WHO I YAM!

DID YOU KNOW? In other countries, especially Asia and Polynesia, the word “yam” refers to an entirely different starchy root vegetable, but in the U.S. it is often used interchangeably—some would argue incorrectly—as a name for sweet potatoes.

ACE'S JOKE OF THE MONTH

Q. WHAT DOES A CHICKPEA SAY WHEN IT'S SICK?

SEE ANSWER BELOW

