aramark STUDENT NUTRITION

NOVEMBER 2025

PQ Elementary Breakfast





ACE'S CORNER

All Breakfast Meals Must Include Choice of:
Fruit, 100% Juice

And May Include:
1% Low Fat Milk or Skim Milk

Hormone Free
No High Fructose Corn Syrup

Daily Offering:
Whole Grain Cinni Minis French Toast with Fruit, Juice and Milk

Food Service Director
Kaycee Czyzak
914-669-5414 ext:2030

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Grain Bagel with Cream Cheese Or Cini Mini French Toast Strawberries 4oz Fruit Punch 8oz Milk	4 Strawberry Yogurt Graham Crackers Or Apple Frudel Apple 4oz Apple Juice 8oz Milk	5 Whole Grain Coco Puff Cereal Bar Or Egg & Cheese on English Muffin Banana 4oz Fruit Punch 8oz Milk	6 Whole Grain Cereal Bowl & Cheese Stick Or Mini Pancakes Tangerine 4oz Apple Juice 8oz Milk	7 Whole Grain Muffin & Cheese Stick Or Mini Waffles Pear 4oz Fruit Punch 8oz Milk
10 Whole Grain Bagel with Cream Cheese Or Cini Mini French Toast Strawberries 4oz Fruit Punch 8oz Milk	11 **Veterans Day School Closed** 	12 Whole Grain Cinnamon Toast Crunch Cereal Bar Or Egg & Cheese on English Muffin Orange Wedges 4 oz Fruit Punch 8oz Milk	13 Whole Grain Cereal Bowl & Cheese Stick Or Mini Pancakes Tangerine 4oz Apple Juice 8oz Milk	14 Whole Grain Muffin & Cheese Stick Or Mini Waffles Apple 4oz Fruit Punch 8oz Milk
17 Whole Garin Bagel with Cream Cheese Or Cini Mini French Toast Apple 4oz Fruit Punch 8oz Milk	18 Strawberry Yogurt Graham Crackers Or Apple Frudel Pear 4oz Apple Juice 8oz Milk	19 Whole Grain Coco Puff Cereal Bar Or Egg & Cheese on English Muffin Strawberry 4oz Fruit Punch 8oz Milk	20 **Parent Teacher Conferences School Closed**	21 Whole Grain Muffin & Cheese Stick Or Mini Waffles Tangerine 4 oz Fruit Punch 8oz Milk
24 Whole Garin Bagel with Cream Cheese Or Cini Mini French Toast Apple 4oz Fruit Punch 80z Milk	25 Strawberry Yogurt Graham Crackers Or Apple Frudel Chilled Peaches 4oz Apple Juice 8oz Milk	26 Whole Grain Cinnamon Toast Crunch Bar Or Egg & Cheese on English Muffin Banana 4oz Fruit Punch 8oz Milk	27 **Thanksgiving Recess No School**	28 
3 	4 **Breakfast Price** **Student's First Breakfast: Free** **Milk, Juice or Fruit $1.00** **Adult Breakfast $3.05+tax**	6 		7

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PQ Elementary Lunch



Alternate Meals Also Available

Sandwich Meal
Boar's Head Turkey, Boar's Head Ham (pork), Sunbutter & Jelly, Chicken Caesar Wrap or Cheese Sandwich with Veggies, Fruit & Milk

Salad Meal
Lettuce, Protein, Whole Grain Roll, Fruit & Milk

Bagel Meal
Whole Grain Bagel, Cheese Stick, Yogurt, Veggie, Fruit & Milk

Parfait Meal
Yogurt Parfait with Strawberries or Blueberries, Nut Free Granola, Cheese Stick, Veggie & Milk

Smoothie Meal
Strawberry or Strawberry Banana, Cheese Stick, Whole Grain Roll & Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Lo Mein Lo Mein Noodles with Boneless Chicken Nuggets Or Whole Grain Grilled Cheese Roasted Broccoli Strawberries 8oz Milk	4 Chicken Patty On Whole Grain Bun or Cheese Quesadilla Golden Corn Fresh Apple 8oz Milk	5 Pasta with Meat Sauce & Whole Grain Bread Stick Or Whole Grain Chicken Nuggets & Breadstick Steamed Green Beans Fresh Banana 8oz Milk	6 Brunch For Lunch Whole Grain Waffles Turkey Sausage Or Whole Grain Mini Corn Dog Tater Tots Celery Sticks Tangerine 8oz Milk	7 Fresh Baked Whole Grain Cheese or Meatball Pizza Steamed Broccoli Buffalo Cauliflower Pear 8oz Milk
10 Whole Grain Cheese Stuffed Breadstick with Marinara Sauce Or Chicken & Cheese Quesadilla Steamed Broccoli Red Pepper Strips Strawberries 8oz Milk	11 **Veterans Day School Closed** 	12 Nachos Seasoned Chicken, Tortilla Chips, Shredded Cheddar & Salsa Or Chicken Tenders Mexicali Corn Seasoned Black Beans Black Beans Orange Wedges 8oz Milk	13 Beef or Cheeseburger on Whole Grain Bun Or Bean & Cheese Burrito Baked Sweet Potato Fries BBQ Vegetarian Bean Tangerine 8oz Milk	14 Fresh Baked Whole Grain Cheese or BBQ Chicken Pizza Roasted Cauliflower Peas & Carrots Fresh Apple 8oz Milk
17 Whole Grain Popcorn Chicken Or Beef Hot Dog On Whole Grain Bun Baked French Fries Roasted Broccoli Fresh Apple 8oz Milk	18 Brunch For Lunch Whole Grain French Toast Sticks & Turkey Sausage With Maple Syrup Or Bean & Cheese Burrito Baked Hash Browns Mexicali Corn Pear	19 Steamed Chicken Dumplings With Vegetable Fried Rice Or Beef Cheeseburger On Whole Grain Bun Steamed Edamame Peas & Carrots Strawberries	20 **Parent Teacher Conferences School Closed**	21 Fresh Baked Whole Grain Cheese or Pepperoni Pizza Steamed Broccoli Baby Carrots Tangerine 8oz Milk
24 Mini Turkey Corn Dogs Homemade Macaroni & Cheese or Beef Burger On Whole Grain Bun Baked French Fries Celery Sticks Apple Wedges 8oz Milk	25 Nachos Seasoned Chicken, Tortilla Chips, Shredded Cheddar & Salsa Or Chicken Tenders Mexicali Corn, Refried Beans Watermelon 8oz Milk	26 **Early Dismissal No Lunch**	27 **Thanksgiving Recess No School**	28 
3 **Available Daily** **1%, Skim Milk or Fat Free Chocolate Milk, 100% Fruit Juice Variety or Fresh Fruits & Vegetables Items Subject to Change**	4 **Food Service Director** **Kaycee Czyzak** **foodservice@northsalemschools.org** **914-669-5414 ext 2030** **Student First Lunch Free** **Adult Lunch $5.50 + tax**	6 	7	

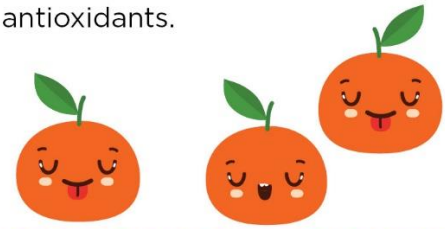
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TASTE THE SUNSET

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.

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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.