

# OCTOBER 2026

**Offered Daily:**  
Sun Butter & Jelly Sandwich  
Fat Free Chocolate & 1% White Milk  
Cold Fruit & Vegetable Bar

A complete lunch includes 3 out of the 5:

- Bread/Grain
- Meat/Meat Alternative
  - Milk
  - Fruit
- Vegetable

\*Daily offerings may include a variety of cooked vegetables not listed

## ACE'S CORNER

### Breakfast Prices

Paid: \$1.50

Reduced: \$0.00

### Lunch Prices

Paid: \$2.55

Reduced: \$0.00



| MONDAY                                                                                                                       | TUESDAY                                                                                                                | WEDNESDAY                                                                                                                                                                 | THURSDAY                                                                                                                        | FRIDAY                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|                                                                                                                              |                                                                                                                        |                                                                                                                                                                           | 1<br>1. Turkey Barbacoa Tacos<br>2. Cheese Quesadilla<br>3. Apple, Yogurt & Cheese Kit<br><u>Sweet Corn</u>                     | 2<br>1. Cheese Pizza<br>2. Pepperoni Pizza<br>3. Popcorn Chicken Salad<br><u>Spinach Salad</u>         |
| 5<br>1. Bosco Sticks<br>2. Hamburger<br>3. Muffin, Yogurt & Cheese Kit<br><u>Cucumber Slices</u>                             | 6<br>1. Beef Nachos<br>2. Bean & Cheese Burrito<br>3. Pretzel, Yogurt & Cheese Kit<br><u>Black Beans</u>               | 7<br>1. Macaroni & Cheese w/ Pretzel Rod<br>2. Chicken Nuggets w/ Pretzel Rod<br>3. Turkey & Cheese Sandwich<br><u>Steamed Broccoli</u>                                   | 8<br>1. Popcorn Chicken w/ Breadstick<br>2. Mini Chicken Corn Dogs<br>3. Pretzel, Yogurt & Cheese Kit<br><u>Mashed Potatoes</u> | 9<br>1. Cheese Pizza<br>2. Pepperoni Pizza<br>3. Turkey & Cheese Sandwich<br><u>Baby Carrots</u>       |
| 12<br>1. Pizza Crunchers<br>2. Chicken Corn Dog<br>3. Pretzel, Yogurt & Cheese Kit<br><u>Tater Tots</u>                      | 13<br>1. Soft Beef Tacos<br>2. Cheese Quesadilla<br>3. Pizza Bagel Kit<br><u>Refried Beans</u>                         | 14<br>1. Mini Maple Pancake Puffs w/ Cheese Omelet<br>2. Breaded Chicken Sandwich<br>3. Popcorn Chicken Salad<br><u>Mango Wango Juice</u><br><u>Warm Cinnamon Peaches</u> | 15<br>1. Chicken Drumstick w/ Breadstick<br>2. Beef Hot Dog<br>3. Pizza Bagel Kit<br><u>Steamed Carrots</u>                     | 16<br>No School<br>                                                                                    |
| 19<br>1. Popcorn Chicken w/ Lo Mein<br>2. Grilled Cheese<br>3. Pizza Bagel Kit<br><u>Edamame</u>                             | 20<br>1. Breaded Chicken Sandwich<br>2. Bosco Sticks<br>3. Nacho Kit<br><u>Smile Fries</u>                             | 21<br>1. Cheesy Lasagna Roll Up w/ Breadstick<br>2. Chicken Tenders w/ Breadstick<br>3. Chicken Ham & Cheese Sandwich<br><u>Green Beans</u>                               | 22<br>1. Maple Waffle w/ Turkey Sausage Links<br>2. Mini Chicken Corn Dogs<br>3. Nacho Kit<br><u>Mango Wango Juice</u>          | 23<br>1. Cheese Pizza<br>2. Pepperoni Pizza<br>3. Chicken Ham & Cheese Sandwich<br><u>Baby Carrots</u> |
| 26<br>1. Fish Sticks w/ Cheez Its<br>2. Chicken Nuggets w/ Cheez Its<br>3. Apple, Yogurt & Cheese Kit<br><u>French Fries</u> | 27<br>1. Grilled Cheese & Tomato Soup<br>2. Chicken Corn Dog<br>3. Muffin, Yogurt & Cheese Kit<br><u>Celery Sticks</u> | 28<br>1. Walking Taco<br>2. Cheese Quesadilla<br>3. Italian Salad<br><u>Kickin' Pinto Beans</u>                                                                           | 29<br>1. Cheeseburger<br>2. Bean & Cheese Burrito<br>3. Muffin, Yogurt & Cheese Kit<br><u>Mixed Vegetables</u>                  | 30<br>1. Cheese Pizza<br>2. Pepperoni Pizza<br>3. Italian Salad<br><u>Spinach Salad</u>                |

# SNOWY WHITE

## TASTE BUDS DELIGHT

Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure and prevent heart disease. When deciding which savory white produce to invite to your plate, some of quercetin's finest include onions, garlic, potatoes, mushrooms, cauliflower, turnips, and rutabagas.

### DISCOVER: MUSHROOMS

Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



**COCONUT:** Loaded with potassium, fiber, & vitamin B6  
Peak Season: Oct.-Dec.



**PARSNIPS:** Hearty dose of fiber, vitamins, & minerals  
Peak Season: Aug.-March



**FAVA BEANS:**  
Bursting with plant protein, calcium, & micronutrients  
Peak Season: March-May

### CHALLENGE OF THE MONTH: SALTY POTATO EXPERIMENT

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens.



**TAKEAWAY:** Just like the potato loses water, salty foods and drinks make people thirsty. Consume salty food in moderation and stay hydrated.



**ACE'S**  
RECIPE OF THE  
MONTH:

### NO-BAKE COCONUT CANDY BARS\*

*Makes 6-8 Bars*

#### INGREDIENTS:

- 1 cup unsweetened shredded coconut
- 1/4 cup agave or pure maple syrup (or 1/4 cup water and stevia to taste)
- 2 tbsp. virgin coconut oil
- 1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- Optional: Raw chocolate chips

#### PREPARATION:

1. Ask an adult to combine all ingredients in a food processor. (Mixing by hand will still taste good, but the bars will crumble.)
2. Pack processed mix into any small container (7x5)
3. Refrigerate for one hour, or freeze for 15 minutes.
4. Ask an adult to cut into 6-8 bars.
5. Enjoy!

**\*DO NOT attempt to chop ingredients or operate food processor without adult supervision.**