

NOVEMBER 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
2 1. Chicken Patty Sliders 2. Beef Hot Dog 3. Turkey & Cheese Sandwich Baked Beans	3 No School	4 1. Chicken Dumplings w/ Fried Rice 2. Mini Chicken Corn Dogs 3. Popcorn Chicken Salad Baby Carrots	5 1. French Toast Sticks & Turkey Sausage Patties 2. Chicken Tenders w/ Dinner Roll 3. Apple, Yogurt & Cheese Kit Mango Wango Juice Warm Cinnamon Apples	6 1. Cheese Pizza 2. Pepperoni Pizza 3. Popcorn Chicken Salad Tossed Salad
9 1. Bosco Sticks 2. Hamburger 3. Muffin, Yogurt & Cheese Kit French Fries	10 1. Beef Nachos 2. Grilled Cheese 3. Pretzel, Yogurt & Cheese Kit Black Beans	11 1. Macaroni & Cheese w/ Pretzel Rod 2. Chicken Nuggets w/ Pretzel Rod 3. Turkey & Cheese Sandwich Mixed Vegetables	12 1. Popcorn Chicken w/ Breadstick 2. Mini Chicken Corn Dogs 3. Pretzel, Yogurt & Cheese Kit Steamed Carrots	13 1. Cheese Pizza 2. Pepperoni Pizza 3. Turkey & Cheese Sandwich Celery Sticks
16 1. Pizza Crunchers 2. Chicken Corn Dog 3. Pretzel, Yogurt & Cheese Kit Tater Tots	17 1. Soft Beef Tacos 2. Cheese Quesadilla 3. Pizza Bagel Kit Refried Beans	18 1. Mini Maple Pancake Puffs w/ Cheese Omelet 2. Breaded Chicken Sandwich 3. Popcorn Chicken Salad Mango Wango Juice	Friendsgiving Meal 19 1. Roasted Turkey w/ Mashed Potatoes & Gravy w/ Dinner Roll 2. Chicken Drumstick w/ Mashed Potatoes & Gravy w/ Dinner Roll Green Beans	20 1. Cheese Pizza 2. Pepperoni Pizza 3. Popcorn Chicken Salad Spinach Salad
23 1. Popcorn Chicken w/ Lo Mein 2. Grilled Cheese 3. Pizza Bagel Kit Edamame	24 1. Breaded Chicken Sandwich 2. Bosco Sticks 3. Nacho Kit Smile Fries	FALL BREAK NO SCHOOL NOVEMBER 25 - 27		
30 1. Fish Sticks w/ Cheez Its 2. Chicken Nuggets w/ Cheez Its 3. Nacho Kit French Fries				

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.**