

NOVEMBER 2023



ACE'S CORNER

Choose at least 3
food items, choosing
at least one fruit.

Breakfast Prices

Paid: \$1.50

Reduced: \$0.30

Lunch Prices

Paid: \$2.55

Reduced: \$0.40

Cheese

Breakfast Elementary Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
|  | <p>Dry Cereal or Other Grain Available Daily as an Alternate Entrée.</p> | <p>1</p> <p>Cherry Frudel Hard Boiled Egg</p> <p>Fresh Pear Applesauce Milk</p> | <p>2</p> <p>Assorted Cereal</p> <p>Banana Raisins Milk</p> | <p>3</p> <p>Breakfast Sandwich Egg & Cheese English Muffin</p> <p>Craisins Apple Slices Milk</p> |
| <p>6</p> <p>Apple Frudel and String Cheese</p> <p>Apple Raisins Milk</p> | <p>7</p> <p>Bagel with Cream Cheese</p> <p>Fresh Orange Mixed Fruit Milk</p> | <p>8</p> <p>Breakfast Sandwich Ham and Cheese English Muffin</p> <p>Fresh Pear Applesauce Milk</p> | <p>9</p> <p>NutriGrain Bar and String Cheese</p> <p>Banana Raisins Milk</p> | <p>10</p> <p>Turkey Sausage Pancake Wrap</p> <p>Craisins Apple Slices Milk</p> |
| <p>13</p> <p>Warm Lemon Loaf</p> <p>Apple Raisins Milk</p> | <p>14</p> <p>Oatmeal Bar and Hard Boiled Egg</p> <p>Fresh Orange Mixed Fruit Milk</p> | <p>15</p> <p>Waffley Wednesday Mini WAFFLES Assorted Flavors</p> <p>Fresh Pear Applesauce Milk</p> | <p>16</p> <p>Assorted Pop Tarts</p> <p>Banana Raisins Milk</p> | <p>17</p> <p>Breakfast Sandwich Chicken & Cheese Biscuit</p> <p>Craisins Apple Slices Milk</p> |
| <p>20</p> <p>Breakfast Pizza</p> <p>Apple Raisins Milk</p> | <p>21</p> <p>Scooby Grahams String Cheese</p> <p>Fresh Orange Mixed Fruit Milk</p> | <p>22</p> <p>ACE Lucky Day Off</p> | <p>23</p> <p>I am Thankful For...</p> | <p>24</p>  |
| <p>27</p> <p>Warm Pumpkin Loaf</p> <p>Apple Raisins Milk</p> | <p>28</p> <p>Assorted Cereal Bar String Cheese</p> <p>Fresh Orange Mixed Fruit Milk</p> | <p>29</p> <p>Waffley Wednesday Mini WAFFLES Assorted Flavors</p> <p>Fresh Pear Applesauce Milk</p> | <p>30</p> <p>Turkey Sausage Pancake Wrap</p> <p>Banana Raisins Milk</p> | <p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com</p> |

HARVEST HUES

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: BUTTERNUT SQUASH AND SWEET POTATO

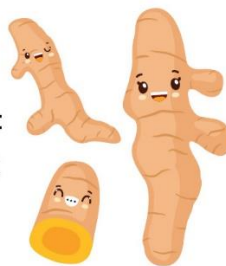
Fresh from the harvest, butternut squash and sweet potatoes will rustle into menus this month. In season during the late fall and early winter, sweet potatoes and butternut squash are both bursting with antioxidants as well as vitamins, minerals, and fiber.



NECTARINES: Loaded with fiber, calcium, & vitamins A & C
Peak Season:
July–September



TURMERIC ROOT: Hearty dose of manganese, potassium, & curcumin
Peak Season:
June–August



CHALLENGE OF THE MONTH: CREATING A CORNUCOPIA OF COLOR

Gatherings of friends and family are always made better with a shared meal. As we continue to explore the benefits of eating the rainbow, what different colors will be at your table? Draw some of your favorite fruits and veggies from each color group to create a holiday cornucopia.



ACE'S RECIPE OF THE MONTH:

DEVILED EGG PUMPKIN PATCH*

Makes 12 Slices



INGREDIENTS:

- 6 eggs
- 1/4 cup mayonnaise
- 1 teaspoon white vinegar
- 1 teaspoon yellow mustard
- 1/8 teaspoon salt
- Freshly ground black pepper
- Smoked paprika, for color
- Fresh chives, for garnish

PREPARATION:

1. Ask an adult to bring 6 eggs to a boil in a large pot. Instantly turn off heat and cover pot.
2. Set a timer and let sit for 11 minutes.
3. After timer, carefully remove eggs and immediately dunk them into ice water. Then peel off the eggshells and ask an adult to slice eggs in half lengthwise.
4. Once sliced, remove yolks into a medium bowl and place whites of eggs on a platter.
5. Mash yolks into a fine crumble, adding mayonnaise, vinegar, mustard, salt, and pepper.
6. Add paprika until mixture turns orange and evenly fill egg whites with the orange mixture.
7. Finish your pumpkin patch by adding small pieces of chives to each for pumpkin stems.

***DO NOT attempt to boil or slice eggs without adult supervision.**