

## Lunch Prices

Student: \$2.95

Adult: \$4.00

All lunches MUST include a fruit, vegetable or 100% fruit juice (Offered 2 days/week) and MAY include 1% or skim chocolate milk











ACE'S CORNER



**Available Everyday:**  
Sunbutter & Jelly sandwich on WG bread served with a cheese stick

WG Bagel served with a cheese stick & low fat yogurt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Mac & Cheese <b>6</b> Green Beans & Carrots Fresh Fruit Hormone Free Milk  <b>Week 1 Weekly Special:</b> <i>Hot: Cheese Melt on WG Bread</i> <i>Cold: Turkey &amp; Cheese Sandwich on WG Bread</i>	<b>ELECTION DAY 7</b>  <b>NO SCHOOL</b>	Baked Potato <b>8</b> Steamed Broccoli Baked Beans Fresh Fruit Hormone Free Milk	Mini Confetti Pancakes <b>9</b> Turkey Sausage Baked Tator Tots Fresh Fruit Hormone Free Milk	<b>VETERANS DAY 10</b>  <b>NO SCHOOL</b>
WG Pasta with Marinara <b>13</b> or Meatsauce Garlic Bread Steamed Peas Fresh Fruit Hormone Free Milk  <b>Week 2 Weekly Special:</b> <i>Hot: Hamburger or Cheeseburger</i> <i>Cold: Strawberry Parfait with Granola &amp; Cheese stick</i>	Beef Nachos <b>14</b> BBQ Black Beans Fresh Fruit Hormone Free Milk	Sweet & Sour Chicken <b>15</b> & Brown Rice Bowl Steamed Snow Peas Fresh Fruit Hormone Free Milk	Cheese Stuffed <b>16</b> Breadsticks w/ Marinara Dipping Cup Roasted Broccoli Fresh Fruit Hormone Free Milk	<b>EARLY DISMISSAL 17</b> Hamburger/ Cheeseburger Bagel Lunch OR Sunbutter & Jelly Sandwich Fresh Fruit & Carrot Sticks Hormone Free Milk
<b>EARLY DISMISSAL 20</b> Bagel or Cereal Lunch Sunbutter & Jelly OR Turkey & Cheese Sandwich Fresh Fruit Carrots & Celery Sticks Hormone Free Milk	<b>EARLY DISMISSAL 21</b> Bagel or Cereal Lunch Sunbutter & Jelly OR Turkey & Cheese Sandwich Fresh Fruit Tomato & Chick Pea Salad Hormone Free Milk	<b>EARLY DISMISSAL 22</b> Bagel or Cereal Lunch Sunbutter & Jelly OR Turkey & Cheese Sandwich Fresh Fruit Broccoli Salad Hormone Free Milk	<b>23</b> <b>THANKSGIVING RECESS SCHOOL CLOSED</b> 	
Chicken Penne Alfredo <b>27</b> Garlic Bread Steamed Broccoli Fresh Fruit Hormone Free Milk  <b>Week 4 Weekly Special:</b> <i>Hot: Chicken Tenders w/ WG Biscuit</i> <i>Cold: Egg Chef Salad with WG Biscuit</i>	Fajita Chicken Soft Tacos <b>28</b> Campfire Pinto Beans Fresh Fruit Hormone Free Milk	Meatball Pizza Sub <b>29</b> Baked French Fries Fresh Fruit Hormone Free Milk	French Toast Sticks <b>30</b> Turkey Sausage Sweet Potato Fries Fresh Fruit Hormone Free Milk	Cheese or Pepperoni Pizza <b>1</b> Green Beans Fresh Fruit Hormone Free Milk
				

# 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.