

NOVEMBER 2024

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 2 cheese sticks

WG Bagel served with a cheese stick & low fat yogurt

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MONDAY

TUESDAY WEDNESDAY

THURSDAY

FRIDAY

4
Spaghetti & Meatballs
Breadstick
Steamed Broccoli

5
ELECTION DAY

NO SCHOOL

6
Baked Potato with
Cheese & WG Biscuit
Steamed Broccoli &
Baked Beans

7
Mini Confetti Pancakes
Turkey Sausage
Baked Tator Tots

8
Cheese or Pepperoni
Pizza
BBQ Black Beans

Weekly Special: Hot: WG Breaded Chicken Tender w/ WG Dinner Roll Cold: Yogurt Parfait with Strawberries & Granola & cheese stick

11
VETERANS DAY

NO SCHOOL

12
Beef Nachos
Fiesta Rice
Kickin' Pinto Beans

13
Sweet & Sour Chicken
& Brown Rice Bowl
Steamed Snap Peas

14
French Toast Stick
Turkey Sausage
Sweet Potato Fries

15
Cheese or Meatball
Pizza
Baked French Fries
Broccoli Craisin Salad

Week 2 Weekly Special Hot: WG Cheese Melt Sandwich Cold: Chicken Caesar Salad with WG Dinner Roll

18
Macaroni & Cheese
WG Biscuit
Green Beans

19
Chicken & Cheese
Quesadilla on WG
Tortilla
Seasoned Black Beans

20
BBQ Chicken &
Cheddar Melt
Baked French Fries

21
Cheese Stuffed
Breadsticks w/ Marinara
Dipping Cup
Roasted Broccoli

22
EARLY DISMISSAL
Bagel or Cereal Lunch OR
Sunbutter & Jelly OR +
Turkey & Cheese Sandwich
Fresh Fruit & Carrot Sticks

Week 3 Weekly Special: Hot: Hamburger or Cheeseburger on WG Bun Cold: Turkey Chef Salad with WG Dinner Roll

25
EARLY DISMISSAL
Bagel or Cereal Lunch
Sunbutter & Jelly OR
Turkey & Cheese Sandwich
Fresh Fruit & Veggie

26
EARLY DISMISSAL
Bagel or Cereal Lunch
Sunbutter & Jelly OR
Turkey & Cheese Sandwich
Fresh Fruit & Veggie

27
EARLY DISMISSAL
Bagel or Cereal Lunch
Sunbutter & Jelly OR
Turkey & Cheese Sandwich
Fresh Fruit & Veggie

28
THANKSGIVING RECESS SCHOOL CLOSED



Hormone Free Milk

Hormone Free Milk

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.**