

NOVEMBER 2023

Daily Options:
Assorted Milk

ACE'S CORNER

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/7 National Nacho Day 11/13-11/17 LTO – Spicy Tzatziki Beef Gyro 11/28 National French Toast Day		1 1. Pancake Bites w/ Sausage Patties 2. Turkey & Cheese Sandwich Steamed Broccoli Celery Sticks Cinnamon Peaches Grape Juice	2 1. BBQ Riblet 2. Chicken Patty Sandwich Steamed Carrots Edamame Applesauce Orange Juice	3 1. Pepperoni Pizza 2. Cheeseburger Spinach Salad Red Peppers Apple Fruit Juice
6 1. Popcorn Chicken w/ Pretzel Rod 2. Hot Dog Steamed Broccoli Edamame Mixed Fruit Fruit Juice	7 National Nacho Day 1. Tater Tot Nachos 2. Grilled Cheese Celery Sticks Baby Carrots Banana Apple Juice	8 1. Meatball Pizza Sub 2. Fish Sticks w/ Pretzel Rod Roasted Carrots Fresh Cauliflower Diced Peaches Grape Juice	9 1. Waffles w/ Sausage Links 2. Make-your-own Flatbread Pizza Green Peppers Applesauce Carrots Orange Juice	10 1. Cheese Pizza 2. Yogurt, Apple & Cheese Stick Packs Tossed Salad Cucumber Slices Apple Fruit Juice
13 1. Italian Cheese & Garlic Pull Apart 2. Chicken Nuggets w/ Pretzel Rod 3. LTO- Spicy Tzatziki Beef Gyro French Fries Red Peppers Mixed Fruit Fruit Juice	14 1. Cheeseburger 2. Make-Your-Own Pepperoni Pizza Bagel 3. LTO- Spicy Tzatziki Beef Gyro Baby Carrots Broccoli Banana Apple Juice	15 1. Walking Tacos 2. Pulled Pork Sandwich 3. LTO- Spicy Tzatziki Beef Gyro Kickin' Pintos Cucumber Slices Diced Peaches Grape Juice	16 1. BBQ Riblet 2. Chicken Parmesan Flatbread 3. LTO- Spicy Tzatziki Beef Gyro Rainbow Vegetables Celery Sticks Applesauce Orange Juice	17 1. Pepperoni Pizza 2. Chicken & Cheese Salad w/ Pretzel Rod 3. LTO- Spicy Tzatziki Beef Gyro Spinach Salad Baby Carrots Apple Fruit Juice
20 1. Beef Nacho 2. Cheeseburger Fresh Broccoli French Fries Mixed Fruit Fruit Juice	21 1. Chicken Patty Sandwich 2. Make-Your-Own Pepperoni Pizza Bagel Green Beans Red Peppers Banana Apple Juice	22 No School	23 No School	24 No School
27 1. Mini Corn Dogs 2. Popcorn Chicken w/ Pretzel Rod French Fries Celery Sticks Mixed Fruit Fruit Juice	28 National French Toast Day 1. French Toast Sticks w/ Powdered Sugar & Sausage Patties 2. Popcorn Chicken Salad with Pretzel Rod Celery Sticks Orange Juice Corn Cinnamon Apples	29 1. Popcorn Chicken Potato Bowl w/ Pretzel Rod 2. Grilled Cheese Rainbow Vegetables Red Peppers Peaches Grape Juice	30 1. BBQ Chicken & Cheddar Flatbread 2. Cheeseburger Baked Beans Cucumber Slices Applesauce Orange Juice	

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

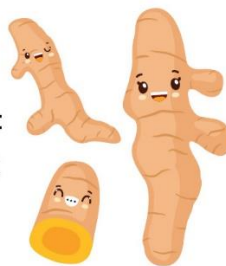
Fresh from the harvest, butternut squash and sweet potatoes will rustle into menus this month. In season during the late fall and early winter, sweet potatoes and butternut squash are both bursting with antioxidants as well as vitamins, minerals, and fiber.



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.**