



NOVEMBER 2023

2 You can always **Pick 2** for Breakfast in the Cafe

Breakfast Milk Options:
1% White & 1% Chocolate



ACE'S CORNER



Lunch Milk Options: 1% White, 1% Chocolate, & 1% Strawberry

Vegetarian Entrees have an *

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sausage English Muffin Sandwich Berry Banana Yogurt Smoothie <hr/> Pancakes & Scrambled Eggs Chicken Patty on a Bun <hr/> Fresh Baby Carrots, Warm Peach Slices	French Toast Sticks Strawberry Yogurt Parfait Cookie Monster's Birthday! <hr/> Hamburger on a Bun Make-Your-Own Pep Pizza Bagel <hr/> Golden Corn, Rosy Applesauce,	Orange Glazed Cinnamon Roll Purple Haze Yogurt Smoothie <hr/> Sausage Pizza Grilled Cheese* <hr/> Fresh Spinach, Apricot Halves,
Egg & Cheese English Muffin Tropical Yogurt Smoothie 6 <hr/> Popcorn Chicken & Lo Mein Soft Pretzel & Cheese Sauce* <hr/> Fresh Baby Carrots, Fruit Mix,	Bosco Stick Pineapple Yogurt Parfait 7 <hr/> Raiders Chicken Sandwich Mini Corn Dogs <hr/> Romaine Salad, Diced Pears, Fresh Apple	Egg Tater Tot Cheese Tacos Apple Cinnamon Yogurt Smoothie 8 <hr/> Twin Soft Tacos Chicken Nuggets & Breadstick <hr/> Baked Beans, Fresh Banana	Sausage Breakfast Pizza Blueberry Yogurt Parfait 9 <hr/> Waffles & Sausage Peanut Butter & Jelly Sandwich* <hr/> Tater Tots Applesauce	Cinni-Mini Apple Orange Yogurt Smoothie 10 <hr/> Pepperoni Pizza Corn Dog on a Stick <hr/> Cucumber Slices, Apricot Halves,
Emoji Waffles & Scrambled Eggs Choc Straw Yogurt Smoothie 13 <hr/> Fish Sticks & Cheez-Its Chicken Nuggets & Breadstick <hr/> Romaine Salad, Fresh Oranges	Chicken Snack Wrap Peach Yogurt Smoothie 14 <hr/> Grilled Cheese* Pretzel, Yogurt, Cheese Plate* <hr/> Ace Prize Day! Fresh Broccoli, Fresh Apple	Chicken Breakfast Biscuit Straw Pineapple Yogurt Smoothie 15 <hr/> Walking Taco Ham & Cheese Sub <hr/> Kickin Pinto Beans, Diced Peaches,	Mini Sausage Pancake Bites Strawberry Yogurt Parfait 16 <hr/> Turkey & Gravy w/ Roll Bosco Sticks & Sauce* <hr/> Thanksgiving Day Meal! Mashed Potatoes, Cinnamon Apples	Biscuit & Gravy Pink Lemonade Yogurt Smoothie 17 <hr/> Cheese Pizza* BBQ Rib on Bun <hr/> Fresh Baby Carrots, Apricot Halves,
French Toast Sticks Strawberry Apple Yogurt Smoothie 20 <hr/> Chicken Tenders & Breadstick Make-Your-Own Pep Pizza Bagel <hr/> Green Beans, Fruit Mix	Pumpkin Bread Pineapple Yogurt Parfait 21 <hr/> Hot Dog on a Bun Peanut Butter & Jelly Sandwich* <hr/> Mashed Potatoes, Diced Pears		Thanksgiving Break No School	
Bacon Breakfast Pizza Apple Orange Yogurt Smoothie 27 <hr/> Mini Corn Dogs w/ Mac & Cheese Peanut Butter & Jelly* <hr/> Romaine Salad, Fresh Oranges	Sausage Egg & Cheese Flatbread Strawberry Yogurt Parfait 28 <hr/> Beef & Cheese Nachos Grilled Chicken on a Bun <hr/> Refried Beans, Diced Pears,	Pancake on a Stick Tropical Yogurt Smoothie 29 <hr/> Popcorn Chicken Bowl & Breadstick Cheese Pizzadilla* <hr/> Fresh Broccoli, Fresh Banana	Bacon Egg & Cheese Burrito Peach Yogurt Parfait 30 <hr/> Chicken Nuggets & Breadstick Turkey & Cheese Sandwich <hr/> Fresh Cucumber, Rosy Applesauce,	<div style="border: 2px solid orange; border-radius: 15px; padding: 10px; text-align: center;"> <p>We will be serving Pumpkin Pudding at lunch on Thanksgiving Meal Day!</p> </div>

ROOT-IMENTARY FACTS

Sweet potatoes, or *Ipomoea batatas*, are orange-fleshed potatoes that grow underground as tuberous roots. On top of being a healthy yet sweeter dish that is delicious with marshmallows, they are a great source of beta-carotene, vitamin A, vitamin C, and are full of calcium, potassium, iron, and fiber. With over 260 million sweet potatoes harvested globally each year, sweet potatoes are considered a staple crop. Mashed, fried, candied, or baked, these yummy, wholesome veggies are always a-peeling!



ACTIVITY: THANKSGIVING WORD SEARCH

CIRCLE the 12 hidden words. Each word will only be circled once. Words may be horizontal, vertical, or diagonal. No words will be backwards.

- happy thanksgiving
- gobble
- feast
- pumpkin
- harvest
- squash
- cranberry
- sweet potatoes
- stuffing
- mayflower
- turkey
- fall

h	g	d	s	n	a	p	p	f	a	o	s	l	c	n	l	l	e	n
w	a	l	h	h	y	q	l	v	a	d	y	e	o	p	s	i	m	z
i	i	r	n	a	o	h	c	e	e	l	e	v	s	j	h	c	a	f
t	c	r	v	b	b	a	i	h	l	h	l	u	f	i	v	e	y	e
o	s	w	e	e	t	p	o	t	a	t	o	e	s	k	z	u	f	a
a	q	i	j	o	s	t	u	f	f	i	n	g	y	q	o	p	l	s
f	u	l	i	c	l	t	k	p	e	l	s	h	j	s	n	u	o	t
p	a	i	o	w	v	v	l	u	n	u	m	e	h	o	j	b	w	u
e	s	c	k	p	x	o	y	m	s	t	o	c	s	i	c	a	e	r
q	h	s	t	a	n	o	i	p	f	s	w	a	u	f	b	i	r	k
o	n	g	o	b	b	l	e	k	z	o	k	k	l	v	b	q	i	e
b	i	v	k	l	r	i	w	i	o	c	r	a	n	b	e	r	r	y
h	a	p	p	y	t	h	a	n	k	s	g	i	v	i	n	g	l	k

I YAM WHO I YAM!

DID YOU KNOW? In other countries, especially Asia and Polynesia, the word “yam” refers to an entirely different starchy root vegetable, but in the U.S. it is often used interchangeably—some would argue incorrectly—as a name for sweet potatoes.

ACE'S JOKE OF THE MONTH

Q. WHAT DOES A CHICKPEA SAY WHEN IT'S SICK?

SEE ANSWER BELOW

