



NOVEMBER 2023

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

Breakfast Milk Options:
1% White & 1% Chocolate



ACE'S CORNER



100% Juice offered Daily at Lunch

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

Vegetarian Entrees have an *

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Sausage English Muffin Sandwich 1 Berry Banana Yogurt Smoothie</p> <hr/> <p>Pancakes & Scrambled Eggs Chicken Patty on a Bun Italian Salad w/ Ham & Roll</p> <hr/> <p>Fresh Baby Carrots, Celery Sticks, Warm Peach Slices, Fresh Banana</p>	<p>French Toast Sticks  2 Strawberry Yogurt Parfait Cookie Monster's Birthday!</p> <hr/> <p>Hamburger on a Bun Make-Your-Own Pep Pizza Bagel Thai Chicken Tenders & Rice</p> <hr/> <p>Golden Corn, Edamame Beans, Rosy Applesauce, Fresh Pear</p>	<p>Orange Glazed Cinnamon Roll 3 Purple Haze Yogurt Smoothie</p> <hr/> <p>Sausage Pizza Grilled Cheese* Yogurt, Apple, Cheese Plate*</p> <hr/> <p>Fresh Spinach, Red Pepper Strips, Apricot Halves, Fresh Whole Apple</p>
<p>Egg & Cheese English Muffin 6 Tropical Yogurt Smoothie</p> <hr/> <p>Popcorn Chicken & Lo Mein Soft Pretzel & Cheese Sauce* Make-Your-Own Flatbread Pizza*</p> <hr/> <p>Steamed Broccoli, Fresh Baby Carrots, Fruit mix, Fresh Oranges</p>	<p>Bosco Stick 7 Pineapple Yogurt Parfait</p> <hr/> <p>Raiders Chicken Sandwich Mini Corn Dogs Turkey & Cheese Sandwich</p> <hr/> <p>Waffle Fries, Romaine Salad, Diced Pears, Fresh Apple</p>	<p>Egg Tater Tot Cheese Tacos 8 Apple Cinnamon Yogurt Smoothie</p> <hr/> <p>Twin Soft Tacos Chicken Nuggets & Breadstick Egg Chef Salad & Roll*</p> <hr/> <p>Celery Sticks, Baked Beans, Diced Peaches, Fresh Banana</p>	<p>Sausage Breakfast Pizza 9 Blueberry Yogurt Parfait</p> <hr/> <p>Waffles & Sausage Peanut Butter & Jelly Sandwich* Cheeseburger on a Bun*</p> <hr/> <p>Tater Tots, Red Pepper Strips, Applesauce, Orange Craisins</p>	<p>Cinni-Mini 10 Apple Orange Yogurt Smoothie</p> <hr/> <p>Pepperoni Pizza Corn Dog on a Stick Turkey & Cheese Sub</p> <hr/> <p>Romaine Salad, Cucumber Slices, Apricot Halves, Fresh Whole Apple</p>
<p>Emoji Waffles & Scrambled Eggs 13 Choc Straw Yogurt Smoothie</p> <hr/> <p>Fish Sticks & Cheez-Its Chicken Nuggets & Breadstick Make-Your-Own Pep Pizza Bagel</p> <hr/> <p>Red Pepper Strips, Tater Tots, Fruit mix, Fresh Oranges</p>	<p>Chicken Snack Wrap 14 Peach Yogurt Smoothie</p> <hr/> <p>Grilled Cheese* Pretzel, Yogurt, Cheese Plate* Popcorn Chicken Flatbread</p> <hr/> <p>Fresh Broccoli, Steamed Carrots, Diced Pears, Fresh Apple</p>	<p>Chicken Breakfast Biscuit 15 Straw Pineapple Yogurt Smoothie</p> <hr/> <p>Walking Taco Ham & Cheese Sub Chicken Quesadilla</p> <hr/> <p>Baby Carrots, Kickin Pinto Beans, Diced Peaches, Fresh Banana</p>	<p>Mini Sausage Pancake Bites 16 Strawberry Yogurt Parfait</p> <hr/> <p>Turkey & Gravy w/ Roll Bosco Sticks & Sauce* Thanksgiving Day Meal! Mashed Potatoes, Celery Sticks, Cinnamon Apples, Fresh Pear</p>	<p>Biscuit & Gravy 17 Pink Lemonade Yogurt Smoothie</p> <hr/> <p>Cheese Pizza* BBQ Rib on Bun Cookie Humus & Yogurt Plate*</p> <hr/> <p>Fresh Spinach, Fresh Baby Carrots, Apricot Halves, Fresh Whole Apple</p>
<p>French Toast Sticks 20 Strawberry Apple Yogurt Smoothie</p> <hr/> <p>Chicken Tenders & Breadstick Make-Your-Own Pep Pizza Bagel Pasta & Meatballs</p> <hr/> <p>Cook's Choice, Green Beans, Fruit mix, Cook's Choice</p>	<p>Pumpkin Bread 21 Pineapple Yogurt Parfait</p> <hr/> <p>Hot Dog on a Bun Peanut Butter & Jelly Sandwich* Chicken Sliders</p> <hr/> <p>Cook's Choice, Mashed Potatoes, Diced Pears, Cook's Choice</p>	<p> 22</p>	<p>23</p> <p>Thanksgiving Break No School</p>	<p>24</p>
<p>Bacon Breakfast Pizza 27 Apple Orange Yogurt Smoothie</p> <hr/> <p>Mini Corn Dogs w/ Mac & Cheese Peanut Butter & Jelly* Cheeseburger on a Bun</p> <hr/> <p>Romaine Salad, Celery Sticks, Fruit mix, Fresh Oranges</p>	<p>Sausage Egg & Cheese Flatbread 28 Strawberry Yogurt Parfait</p> <hr/> <p>Beef & Cheese Nachos Grilled Chicken on a Bun Baja Vegetable Salad & Roll*</p> <hr/> <p>Refried Beans, Street Style Corn, Diced Pears, Fresh Apple</p>	<p>Pancake on a Stick 29 Tropical Yogurt Smoothie</p> <hr/> <p>Popcorn Chicken Bowl & Breadstick Cheese Pizzadilla* Turkey Chef Salad & Roll</p> <hr/> <p>Fresh Broccoli, Red Pepper Strips Diced Peaches, Fresh Banana</p>	<p>Bacon Egg & Cheese Burrito 30 Peach Yogurt Parfait</p> <hr/> <p>Chicken Nuggets & Breadstick Turkey & Cheese Sandwich BBQ Chicken Flatbread</p> <hr/> <p>Romaine Salad, Fresh Cucumber, Rosy Applesauce, Orange Craisins</p>	<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

