



NOVEMBER 2022

-Breakfast Menu-

Breakfast is **FREE** for all students!



ACE'S CORNER

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		Whole Grain Strawberry Pop Tart w/ Reduced Fat String Cheese Fresh Apple or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	01	Whole Grain Cheerios w/ Graham Crackers Unsweetened Applesauce or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	02	Strawberry Nutri Grain Bar w/ Low Fat Yogurt Cup Yellow Banana or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	03	Whole Grain Bagel w/ cup of Sun Butter Raisins or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	04
No School	07	No School	08	Cinnamon Toast Crunch Cereal w/ Reduced Fat String Cheese Fresh Apple or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	09	Hummus w/ Whole Grain Flatbread Yellow Banana or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	10	Mini Whole Grain Maple Waffles Unsweetened Applesauce or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	11
Oatmeal Raisin Benefit Bar Fresh Apple or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	14	Whole Grain Blueberry Muffin w/ Graham Crackers Unsweetened Applesauce or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	15	Golden Graham Cereal w/ Reduced Fat Yogurt Raisins or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	16	Fudge Pop Tart w/ Reduced Fat String Cheese Yellow Banana or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	17	Whole Grain Bagel w/ cup of Sun Butter Raisins or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	18
Triple Berry French Toast Raisins or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	21	Whole Grain Cheerio Cereal Bar w/ Whole Grain Cheez Its Unsweetened Applesauce or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	22	No School	23	No School	24	No School	25
Mini Strawberry Bagels Fresh Apple or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	28	Whole Grain Strawberry Pop Tart w/ Reduced Fat String Cheese Fresh Apple or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	29	Whole Grain Cheerios w/ Graham Crackers Unsweetened Applesauce or 100% Fruit Juice 1% White Milk OR Skim Chocolate Milk	30				



NOVEMBER 2022

-Menú de desayuno-

El desayuno es GRATIS
para todos los
estudiantes!



ACE'S CORNER



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		Pop Tart de Fresa de Grano Entero queso de tiras	01	Cheerios de grano entero con Galletas	02	Barra Nutri Grain rellena de fresa]	03	Bagel de grano entero con taza de mantequilla de jirasol	04
		Manzana fresca o jugo de fruta 100%		Pure de manzana sin azúcar o jugo de fruta 100%		Taza de yogur bajo en grasa		Pasas o jugo de fruta 100%	
		1% leche blanca O leche con chocolate descremada		1% leche blanca O leche con chocolate descremada		Plátano amarillo o jugo de fruta 100%		1% leche blanca O leche con chocolate descremada	
No hay clases	07	No hay clases	08	Cereal Cinnamon Toast Crunch Queso en tiras	09	Hummus con pan plano integral	10	Mini waffles de Arce de Grano Entero	11
				Manzana fresca o jugo de fruta 100%		Plátano amarillo o jugo de fruta 100%		Compota de manzana sin azúcar o jugo de fruta 100%	
				1% leche blanca O leche con chocolate descremada		1% leche blanca O leche con chocolate descremada		1% leche blanca O leche con chocolate descremada	
Barra beneficiosa pyasas de avena	14	Magdalena de arándanos integrales con Galletas	15	Cereal Golden grams Yogur reducido en grasa	16	Pop-Tart de chocolate Reducido queso de hebras	17	Bagel de grano entero con taza de mantequilla de jirasol	18
Manzana fresca o jugo de fruta 100%		Pure de manzana sin azúcar o jugo de fruta 100%		Pasas o jugo de fruta 100%		Plátano amarillo o jugo de fruta 100%		Pasas o jugo de fruta 100%	
1% leche blanca O leche con chocolate descremada		1% leche blanca O leche con chocolate descremada		1% leche blanca O leche con chocolate descremada		1% leche blanca O leche con chocolate descremada		1% de leche blanca O leche con chocolate descremada	
French toast de fresa	21	Barra Cereal Cheerio de grano entero y Cheez Its de grano entero	22	No hay clases	23	No hay clases	24	No School	25
Pasas o jugo de fruta 100%		Pure de manzana sin azúcar o jugo de fruta 100%							
1% leche blanca O leche con chocolate descremada		1% de leche blanca O leche con chocolate descremada							
Mini Bagels de Fresa	28	Pop Tart de Fresa de Grano Entero Queso en tiras	29	Cheerios de grano entero Galletas	30				
Manzana fresca o jugo de fruta 100%		Manzana fresca o jugo de fruta 100%		Pure de manzana sin azúcar o jugo de fruta 100%					
1% leche blanca O leche con chocolate descremada		1% leche blanca O leche con chocolate descremada		1% de leche blanca O leche con chocolate descremada					





NOVEMBER 2022

-Lunch Menu-

Lunch is **FREE**
for all students!



ACE'S CORNER

Sun Butter & Jelly Sandwich offered at lunch daily

Vegetarian entrees are written in green

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Quesadilla 01 Pizza Pack Refried Beans Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Fish Sticks w/ Mac & Cheese 02 Turkey Chef Salad & Roll French Fries Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Beef Chili Mac 03 Muffin Pack Steamed Green Peas Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Pancakes & Sausage 04 Turkey Chef Salad & Roll French Fries Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk
No School 07	No School 08	Chicken Nuggets & Roll 09 Popcorn Chicken Salad & Roll French Fries Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Chicken Tenders w/ Mac & Cheese 10 Muffin Pack Steamed Green Beans Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Cheese Pizza 11 Popcorn Chicken Salad & Roll French Fries Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk
Hot Dog 14 Nacho Salad & Roll Steamed Corn Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Beef Nachos 15 Pizza Pack Refried Beans Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Chicken Patty Sandwich 16 Nacho Salad & Roll French Fries Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Chicken Penne Alfredo 17 BBQ Pulled Pork Steamed Green Peas Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Pizza Max Sticks w/ Marinara 18 Nacho Salad & Roll French Fries Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk
Cheeseburger 21 Italian Salad & Roll Steamed Corn Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Chicken Nachos 22 Pizza Pack Black Beans Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	No School 23	No School 24	No School 25 
BBQ Chicken Drumstick 28 Chicken Caesar Salad & Roll & Roll Steamed Corn Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Crunchy Beef Tacos 29 Pizza Pack Black Beans Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk	Popcorn Chicken & Roll 30 Chicken Caesar Salad & Roll French Fries Assorted Fresh Fruits & Veggies 1% White Milk OR Skim Chocolate Milk		



NOVIEMBRE 2022

-Menú de almuerzo-

El almuerzo es GRATIS para todos los estudiantes!



ACE'S CORNER

Sun Butter & Jelly Sandwich ofrecido en el almuerzo todos los días

Los platos vegetarianos están escritos en verde! Las ensaladas se pueden hacer vegetarianas

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>01 Quesadilla de pollo Paquete de pizza Frijoles refritos</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>02 Palitos de pescado con Mac Queso Ensalada con pavo y panecillo Papas fritas</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>03 Chili con macarroni Paquete con magdalena Guisantes verdes al vapor</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>04 Panqueques y salchichas Turkey Chef Salad & Roll Papas fritas</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>
<p>07 No hay Escuela</p>	<p>08 No hay escuela</p>	<p>09 Nuggets de pollo con panecillo Palomitas de pollo con panecillo Papas fritas</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>10 Tenders de pollo Paquete de magdalena Judías verdes al vapor</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>11 Pizza de queso Ensalada y rollo de pollo con palomitas de maíz Papas fritas</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>
<p>14 Hot Dog Ensalada de nacho y panecillo Maíz al vapor</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>15 Nachos de carne Paquete de pizza Frijoles refritos</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>16 Sándwich de Chicken Patty Ensalada de nacho y panecillo Papas fritas</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>17 Pollo Penne Alfredo Cerdo desmenuzado en BBQ Guisantes verdes al vapor</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>18 Palitos de pizza with Marinera Ensalada de nacho y panecillo Papas fritas</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>
<p>21 Hamburguesa con queso Ensalada Italiana y panecillo Maíz al vapor</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>22 Nachos de pollo Paquete de pizza Frijoles Negros</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>23 No hay escuela</p>	<p>24 No hay escuela</p>	<p>25 No hay escuela</p> 
<p>28 Muslo de pollo en BBQ Ensalada César de pollo y panecillo Maíz al vapor</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>29 Tacos de carne crujientes Paquete de pizza Frijoles Negros</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>	<p>30 Palomitas de pollo y panecillo Ensalada César de pollo & rollo Papas fritas</p> <p>Surtido de frutas y verduras frescas 1% de leche blanca O leche con chocolate descremada</p>		

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.**