



NOVEMBER 2026 – K-6th Grade

DAILY OPTIONS:

Breakfast Daily Offerings: Assorted Cereals, Poptarts, String Cheese & Grahams; Fresh Fruit & Milk

Lunch:
C: PBJ

ACE'S CORNER

Assorted Milk all meal periods

Breakfast Prices

Paid: \$1.40

Reduced: \$0.30

Lunch Prices

Paid: \$2.95 Elem/ \$3.05 JH

Reduced: \$0.40



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bagel w/ Cream Cheese Apple Slices & Grape Juice 2 A. Pizza Waffalaco B. Hot Dog Fresh Broccoli & Fruit Juice	Breakfast Pizza Fresh Orange & Fruit Juice 3 A. French Toast w/ Sausage Patties B. Chicken Tenders w/ Breadstick Ruby Rush & Warm Cinnamon Peaches	National Parfait Day 4 Peach Parfait Applesauce & Orange Juice A. Mini Corn Dogs B. Cheeseburger Baked Beans & Fresh Apple	Apple Frudel Craisins & Fruit Juice 5 A. Tater Tot Nachos w/ Roll B. Max Sticks w/ Sauce Corn & Diced Pears	Glazed Donut Banana & Apple Juice 6 A. Cheese Pizza B. Italian Salad w/ Breadstick Spinach Salad & Banana
Mini Strawberry Cream Cheese Bagel Apple Slices & Grape Juice 9 A. Chicken Tenders w/ Breadstick B. Cheeseburger D. LTO: Pepperoni Calzone w/ Pizza Ranch French Fries & Mixed Fruit	Vanilla Confetti Waffles Fresh Orange & Fruit Juice 10 A. Beef Nachos B. Totally Taco Wedges D. LTO: Pepperoni Calzone w/ Pizza Ranch Baby Carrots & Diced Pears	Apple Orange Smoothie w/ Grahams Applesauce & Raisins 11 A. Popcorn Chicken Bowl w/ Breadstick B. Pretzel, Yogurt & Cheese Stick Pack D. LTO: Pepperoni Calzone w/ Pizza Ranch Fresh Broccoli & Grape Juice Peaches & Grape Juice	Turkey Pancake Wrap Craisins & Fruit Juice 12 A. Mac & Cheese B. Chicken Nuggets w/ Breadstick D. LTO: Pepperoni Calzone w/ Pizza Ranch Baked Beans & Applesauce	Cinnamon Bun Crackers Banana & Apple Juice 13 A. Pepperoni Pizza B. Chicken Baja Salad w/ Breadstick D. LTO: Pepperoni Calzone w/ Pizza Ranch Rainbow Veggies & Banana
Blueberry Waffles Apple Slices & Grape Juice 16 A. Beef Tacos B. Cheese Quesadilla Zucchini Slices & Fresh Apple	Sausage, Egg & Cheese Burrito Fresh Orange & Fruit Juice 17 A. Corn Dog B. BBQ Riblet Pinto Beans & Apple Juice	Sausage Muffin Applesauce & Orange Juice 18 A. Mini Pancakes w/ Cheese Omelet B. Chicken Patty Sandwich Steamed Broccoli & Diced Peaches	Chocolate Crescent Craisins & Fruit Juice 19 A. Friendsgiving Meal: Turkey, Mashed Potatoes w/ Gravy, Corn, Dinner Roll & Pumpkin Pudding B. Hot Dog Mashed Potatoes & Fresh Orange	Blueberry Muffin Top Banana & Apple Juice 20 A. Cheese Pizza B. Popcorn Chicken Salad w/ Breadstick Red Pepper Strips & Banana
Benefit Bar Apple Slices & Grape Juice 23 A. Sloppy Joe B. Popcorn Chicken w/ Breadstick Kickin' Pinto & Fruit Juice	Sausage & Cheese Bagel Fresh Orange & Fruit Juice 24 A. Chicken Patty Sandwich w/ Signature Sauce B. Cheese Pizzadilla Celery Sticks & Diced Pears	25 No School	26 No School	27 No School
Pumpkin Bread Apple Slices & Grape Juice 30 A. Italian Popcorn Chicken w/ Red Sauce B. Chicken Nuggets w/ Breadstick French Fries & Fresh Apple				 My School Plate

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.**