aramark STUDENT NUTRITION | HOLLIS GRADE SCHOOL | HAWKS

NOVEMBER 2026



Meal Prices

Lunch	Adult
$2.95	$3.45
Extra Entrée	**Milk**
$2.40	$0.70



ACE'S CORNER

Daily Options: Assorted Milk
Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **1:** Pizza Waffalaco **2:** Hot Dog Tater Tots & Fresh Broccoli Orange Wedges & Fruit Juice	3 **1:** French Toast Sticks w/ Sausage Patties **2:** Chicken Tenders w/ Breadstick Ruby Rush & Celery Sticks Warm Cinnamon Peaches & Orange Juice	4 **1:** Cheeseburger **2:** Apple, Yogurt & Cheese Pack Veg. Blend & Edamame Peaches & Grape Juice	5 **1:** Beef Tacos **2:** Cheese Quesadilla Corn & Red Pepper Strips Banana & Apple Juice	6 **1:** Cheese Pizza **2:** Italian Salad w/ Breadstick Spinach Salad & Baby Carrots Fresh Apple & Fruit Juice
9 **1:** Max Sticks w/ Dipping Sauce **2:** Popcorn Chicken w/ Breadstick **3. LTO: Pepperoni Calzone w/ Pizza Ranch** French Fries & Celery Sticks Mixed Fruit & Fruit Juice	10 **1:** Beef Nachos **2:** Bean & Cheese Burrito **3. LTO: Pepperoni Calzone w/ Pizza Ranch** Refried Beans & Mexicali Corn Diced Pears & Apple Juice	11 **1:** BBQ Riblet Sandwich **2:** Cheese Pizzadilla **3. LTO: Pepperoni Calzone w/ Pizza Ranch** Fresh Broccoli & Red Pepper Strips Diced Peaches & Grape Juice	12 **1:** Mac & Cheese **2:** Chicken Nuggets w/ Breadstick **3. LTO: Pepperoni Calzone w/ Pizza Ranch** Tater Tots & Cucumber Slices Applesauce & Orange Juice	13 **1:** Pepperoni Pizza **2:** Chicken Patty Sandwich **3. LTO: Pepperoni Calzone w/ Pizza Ranch** Rainbow Veg & Baby Carrots Apricots & Fruit Juice
16 **1:** Beef Tacos **2:** Pretzel, Yogurt, Cheese Stick Pack Black Beans & Romaine Salad Orange & Fruit Juice	17 **1:** Popcorn Chicken Bowl w/ Breadstick **2.** Corn Dog Tater Tots & Pickled Cucumbers Banana & Apple Juice	18 **1:** Mini Pancakes & Cheese Omelet **2:** Chicken Patty Sandwich Celery Sticks & Baby Carrots Warm Cinnamon Peaches & Grape Juice	19 **1:** **Friendsgiving Meal:** Turkey, Mashed Potatoes & Gravy, Corn & Dinner Roll **2:** Hot Dog Mashed Potatoes & Corn Applesauce & Fruit Juice	20 **No Lunch**
23 **No School**	24 **No School**	25 **No School**	26 **No School**	27 **No School**
30 **1:** Chicken Patty Sandwich **2:** Pretzel, Yogurt & Cheese Pack French Fries & Red Pepper Strips Orange Wedges & Fruit Juice				SchoolDish

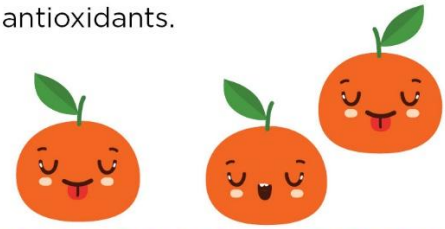
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TASTE THE SUNSET

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.

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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.