

PRE-K October 2026



ACE'S CORNER

OFFERED DAILY:

8oz Bottle of water

¼ Cup of Fruit & Vegetables



Dairy Free

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Kix Banana PBJ Tossed Salad Applesauce	2 Lucky Charms Apple Juice Hot Dog on Bun Cooked Carrots Apple Slices
5 Cheerios Apple Slices Hamburger Celery Fruit Mix	6 Lucky Charms Fruit Juice Chicken Patty Sandwich Cooked Carrots Pears	7 Blueberry Chex Applesauce Beef Tacos No Cheese Refried Beans Peaches	8 Kix Banana Half PBJ Spiral Fries Applesauce	9 Golden Grahams Apple Juice Turkey Ham & Sandwich Tossed Salad Apple Crisps
12 No School	13 Cinnamon Toast Crunch Fruit Juice Popcorn Chicken Cooked Carrots Pears	14 Cinnamon Chex Applesauce PBJ Baked Beans Peaches	15 Lucky Charms Banana Half Hamburger Spiral Fries Applesauce	16 Golden Grahams Apple Juice Hot Dog on Bun Tossed Salad Apple Slices
19 Cinnamon Toast Crunch Apple Slices Popcorn Chicken Baked Beans Fruit Mix	20 Lucky Charms Fruit Juice Hamburger Cooked Carrots Pears	21 Blueberry Chex Applesauce Beef Tacos No Cheese Celery Peaches	22 Cheerios Banana Half Turkey Ham & Sandwich Spiral Fries Applesauce	23 No School
26 Kix Apple Slices PBJ Celery Fruit Mix	27 Cheerios Fruit Juice Hamburger Waffle Fries Pears	28 Golden Grahams Applesauce Turkey Ham & Sandwich Cooked Carrots Peaches	29 Lucky Charms Banana Half Hot dog on Bun Tossed Salad Applesauce	Happy Halloween!! Blueberry Chex Apple Juice Chicken Patty Sandwich Baked Beans Apple Slices All Hot lunches served with a Orange Sorbet Cup!

HOW ‘BOUT THEM APPLES?

Perfect for snacking, the Gala apple is one of only a few types of apples that are able to grow despite the mild winters in Texas. Gala apples are known for having pinkish-red stripes over a lighter yellow (appearing orange-red in color) with a crisp, sweet flavor. An apple a day really does keep the doctor away since they are full of nutrients such as potassium, vitamin C, fiber, and antioxidants. But don't peel the skin! Most of an apple's vitamins are in the skin. While apple trees need four to five years before they grow apples, these trees live to be up to 100 years old!

ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF APPLE IS NOT AN APPLE?

SEE ANSWER BELOW



ACTIVITY: APPLES TO APPLES

Guess the name of each apple. Choose from the types below. Each name will only be used once.

GALA	GOLDEN DELICIOUS	GRANNY SMITH	MCINTOSH	RED DELICIOUS
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SEE ANSWER BELOW



1. _____



2. _____



3. _____



4. _____



5. _____

‘TIS THE SEASON FOR APPLE PICKING!

HERE ARE A FEW POPULAR CHOICES FOR MAKING YOUR FAVORITE FALL TREATS:

- Beauty is in the Pie of the Beholder: The Fuji, Granny Smith, Yellow Delicious, and Red Delicious are the most popular apples for baking.
- Sauce Bosses: Jonathan, McIntosh, and Winesap apples make great applesauce and apple jelly because of their soft flesh, which is the pale part under the outer peel.
- In-Cider Scoop: Gala and Pippin apples are crisp and sweet—great for apple cider.



APPLE OF YOUR EYE...

NOT ALL APPLES ARE ALIKE.

There are over 7,500 different types of apples grown in the world. Some are red, yellow, or green. Some apples are sweeter, while others are crunchier, but one thing is for sure...there are no bad apples here!