

OCTOBER 2026



Cafeteria Circus: Where Nutrition Takes Center Stage

National School Lunch Week:
October 12th- October 16th

Gluten Free meals available upon request. Ask kitchen staff for more details.

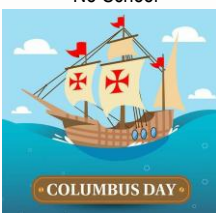
ACE'S CORNER

Reminder: Meals are FREE!! One lunch and one breakfast is free per day to all students

Milk can be purchased separately \$.50

Vegetarian entrees are written in green



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com	All Lunches <u>Must</u> Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat or Skim Milk		<u>World Vegetarian Day 01</u> 1.Kickin Bean & Cheese Nachos 2.Veggie Chicken Nuggets w/ Roll Garden Side Salad	FARM FRESH FRIDAY 1.Cheese Pizza 2.Pepperoni Pizza Local Apple
	3. Sun Butter & Jelly Sandwich		4. Pizza Fun Lunch	5. Ham & Cheese Sub w/ Lettuce
1.Pizza Sticks w/ Dipping Sauce 05 2. Chicken Filet Sandwich Peas & Carrots	1.Pasta w/ Meat Sauce & Garlic Toast 06 2.Hamburger Green Beans	1.French Toast Sticks w/ Cheese Omelet 07 2. Honey Mustard Chicken Melt Smiley Fries	1.Soft Shell Beef Tacos 08 2. Chicken Nuggets w/ WG Goldfish Crackers BBQ Black Beans	FARM FRESH FRIDAY 1.Cheese Pizza 2.Pepperoni Pizza Local Garden Salad
	3. Sun Butter & Jelly Sandwich		4. WG Chocolate Chip Muffin Fun Lunch	5. Chicken Caesar Salad w/ Roll
No School 12  COLUMBUS DAY	1.Carnival Cannonball Sub (Meatball Pizza Sub) 13 2.Big Top Cheeseburger Broccoli	1.Carnival Sprinkle Cakes (Mini confetti pancakes) w/ Sausage 14 2. Ringmasters Corndogs Warm Cinnamon Peaches	1.Three-Ring Beef Totchos (Loaded tater tot beef nachos) 15 2. Carnival Crispy Chicken Tenders w/ Roll Baked Beans	FARM FRESH FRIDAY 1.Under the Big Top Cheese Pizza 2.Clown Alley Pepperoni Pizza Local Roasted Potato
	3. Sun Butter & Jelly Sandwich		4. Pizza Bagel Fun Lunch	5. Turkey & Cheese Sub w/ Lettuce
1.Popcorn Chicken w/ Biscuit 19 2. Chicken Filet Sandwich Corn	1.Sloppy Joes 20 2. Bacon Cheeseburger Tomato & Cucumber Salad	1.WG Eggoji Waffles w/ Cheese Omelet 21 2. Grilled Cheese Sandwich Smiley Fries	1.Soft Shell Chicken Tacos 22 2. Chicken Nuggets w/ Roll Chic Pea Salad	FARM FRESH FRIDAY 1.Cheese Pizza 2.Pepperoni Pizza Local Apple
	3. Sun Butter & Jelly Sandwich		4. Goldfish, Cheddar Cheese, & Ham Fun Lunch	5. Popcorn Chicken Salad w/ Roll
1.Pizza Crunchers w/ Dipping Sauce 26 2.Chicken Filet Sandwich Broccoli	1.Macaroni & Cheese w/ Fish Sticks 27 2. Cheeseburger Green Beans	1.Mini French Toast w/ Sausage 28 2.BBQ Chicken & Cheddar Flatbread Sandwich Warm Cinnamon Peaches	1.Halloweenie Chili Chees Dog 29  2. Chicken Tenders w/ WG Goldfish Cracker Baked Beans	FARM FRESH FRIDAY 1.Cheese Pizza 2.Pepperoni Pizza Local Garden Salad
	3. Sun Butter & Jelly Sandwich		4. Pumpkin Shaped Pretzel Fun Lunch	5. Italian Sub w/ Lettuce

SNOWY WHITE

TASTE BUDS DELIGHT

Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure and prevent heart disease. When deciding which savory white produce to invite to your plate, some of quercetin's finest include onions, garlic, potatoes, mushrooms, cauliflower, turnips, and rutabagas.

DISCOVER: MUSHROOMS

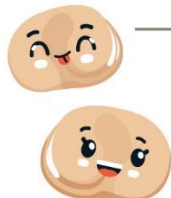
Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



COCONUT: Loaded with potassium, fiber, & vitamin B6
Peak Season: Oct.-Dec.



PARSNIPS: Hearty dose of fiber, vitamins, & minerals
Peak Season: Aug.-March



FAVA BEANS:
Bursting with plant protein, calcium, & micronutrients
Peak Season: March-May

CHALLENGE OF THE MONTH: SALTY POTATO EXPERIMENT

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens.



TAKEAWAY: Just like the potato loses water, salty foods and drinks make people thirsty. Consume salty food in moderation and stay hydrated.



ACE'S
RECIPE OF THE
MONTH:

NO-BAKE COCONUT CANDY BARS*

Makes 6-8 Bars

INGREDIENTS:

- 1 cup unsweetened shredded coconut
- 1/4 cup agave or pure maple syrup (or 1/4 cup water and stevia to taste)
- 2 tbsp. virgin coconut oil
- 1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- Optional: Raw chocolate chips

PREPARATION:

1. Ask an adult to combine all ingredients in a food processor. (Mixing by hand will still taste good, but the bars will crumble.)
2. Pack processed mix into any small container (7x5)
3. Refrigerate for one hour, or freeze for 15 minutes.
4. Ask an adult to cut into 6-8 bars.
5. Enjoy!

***DO NOT attempt to chop ingredients or operate food processor without adult supervision.**