

Headstart November 2026



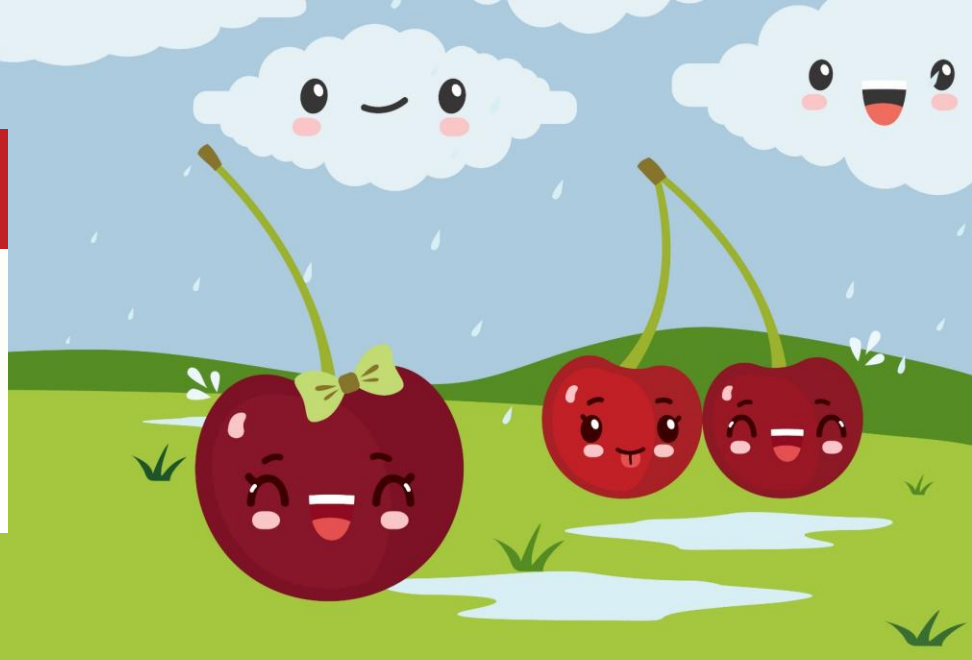
ACE'S CORNER

OFFERED DAILY:

1% White Milk

¼ Cup of Fruit & Vegetables

All Grains are Whole Grain



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken Cooked Carrots Fruit Mix	3 Bosco Sticks Celery Pears	4 Grilled Cheese Baked Beans Peaches	5 Cheeseburger Spiral Fries Applesauce	6 Beef Tacos Tossed Salad Apple Crisps
9 Popcorn Chicken Celery Fruit Mix	10 Cheeseburger Refried Beans Pears	11 No School	12 Chicken Tenders Spiral Fries Applesauce	13 Cheese Pizza Tossed Salad Apple Slices
16 Beef Tacos Baked Beans Fruit Mix	17 Chicken Patty Sandwich Cooked Carrots Pears	18 Garlic Pull Apart Crinkle Fries Peaches	19 Grilled Cheese Celery Applesauce	20 Bosco Sticks Tossed Salad Apple Crisps
23 Cheeseburger Baked Beans Fruit Mix	24 Uncrustable Pack Celery Pears	25 No School	26 No School	27 No School
30 Bosco Sticks Celery Fruit Mix				

PIE IN THE SKY

Cherries are known as drupes or stone fruits, like nectarines and peaches, and are high in antioxidants. There are more than 500 varieties of sweet cherries (*Prunus Avium*), and almost as many tart ones (*Prunus Cerasus*); though only a small percentage—around 20 or so altogether—are sold commercially. A typical cherry tree produces 7,000 cherries, that can be harvested in seven seconds using a mechanical tree shaker. The state of Washington grows an estimated 62 percent of the United States' sweet cherries, which are great summer snacks. Michigan, meanwhile, grows well over half of the country's tart cherries, which are mostly used for cooking.

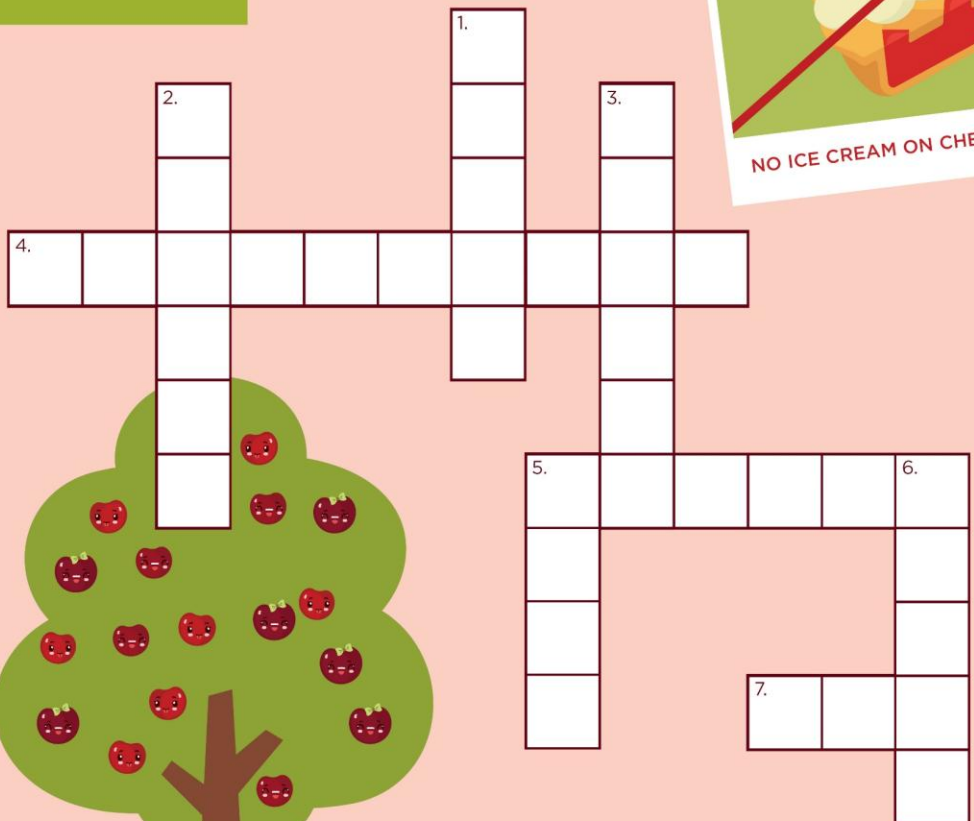
ACTIVITY: CROSSWORD PUZZLE

ACROSS

4. Door County, Wisconsin's nickname, earned by its production of 95% of the nation's tart cherries
5. State that once prohibited ice cream be served on cherry pie
7. Cherries, apples, and blueberries make great filling for this dessert

DOWN

1. Fruit often bobbed for in the fall and rumored to help keep the doctor away
2. Type of tree George Washington was rumored to have chopped down in his youth
3. A monkey's favorite fruit
5. Tropical fruit that shares its name with a flightless bird—this fruit is green on the inside, with a brown and fuzzy outside
6. The number of seconds it takes to harvest a cherry tree using special machinery



DID YOU KNOW?

FOLLOW THE CHERRY TREE ROAD

Cherries were part of the Roman soldiers' rations, and as they traveled, the pits they discarded became the trees that bloomed throughout the empire. There was a saying that to find the old Roman roads, all one had to do was follow the wild cherry trees



ACE'S JOKE OF THE MONTH

WHY ARE CHOCOLATE-COVERED CHERRIES THE PERFECT DINNER PARTY HOSTS?

SEE ANSWER BELOW

